

A background image of various fruits, including blueberries, strawberries, and orange slices, arranged in a bowl. The fruits are slightly out of focus, creating a soft, healthy aesthetic.

Benton County

2008 County Adult Health Survey

Coordinated by:



BRFSS



Health Statistics
Branch
(Arkansas
Department of
Health)



**Hometown
Health Improvement**



STAMP OUT SMOKING
Arkansas Department of
Health
www.stampoutsmoking.com
Your Tobacco Settlement
Dollars at Work

What is the BRFSS

- The BRFSS is the world's largest continuously conducted telephone survey
- It covers issues surrounding chronic illness, premature mortality, and other health-related topics
- All 50 states, Puerto Rico, Guam, the Virgin Islands, and Washington D.C. participate
- Benton participated in county level BRFSS studies sponsored by Hometown Health

In Benton County ...

- Interviews were conducted in March and April of 2008
- A telephone survey of 882 randomly selected adults from Benton
- Of the 882 interviews, 318 were with men and 564 were with women.



Leading causes of death in Arkansas, 2007

- Heart Disease (25%)
- Cancer (22%)

YEARS OF POTENTIAL LIFE LOST	
Heart Disease	87,943
Cancer	88,655

Leading causes of death for Benton County in 2006

- Heart Disease and Cancer were the leading causes of death in Benton County in 2006



- Risk factors for these diseases measured by the survey include...

Tobacco



Bodyweight



Physical Activity

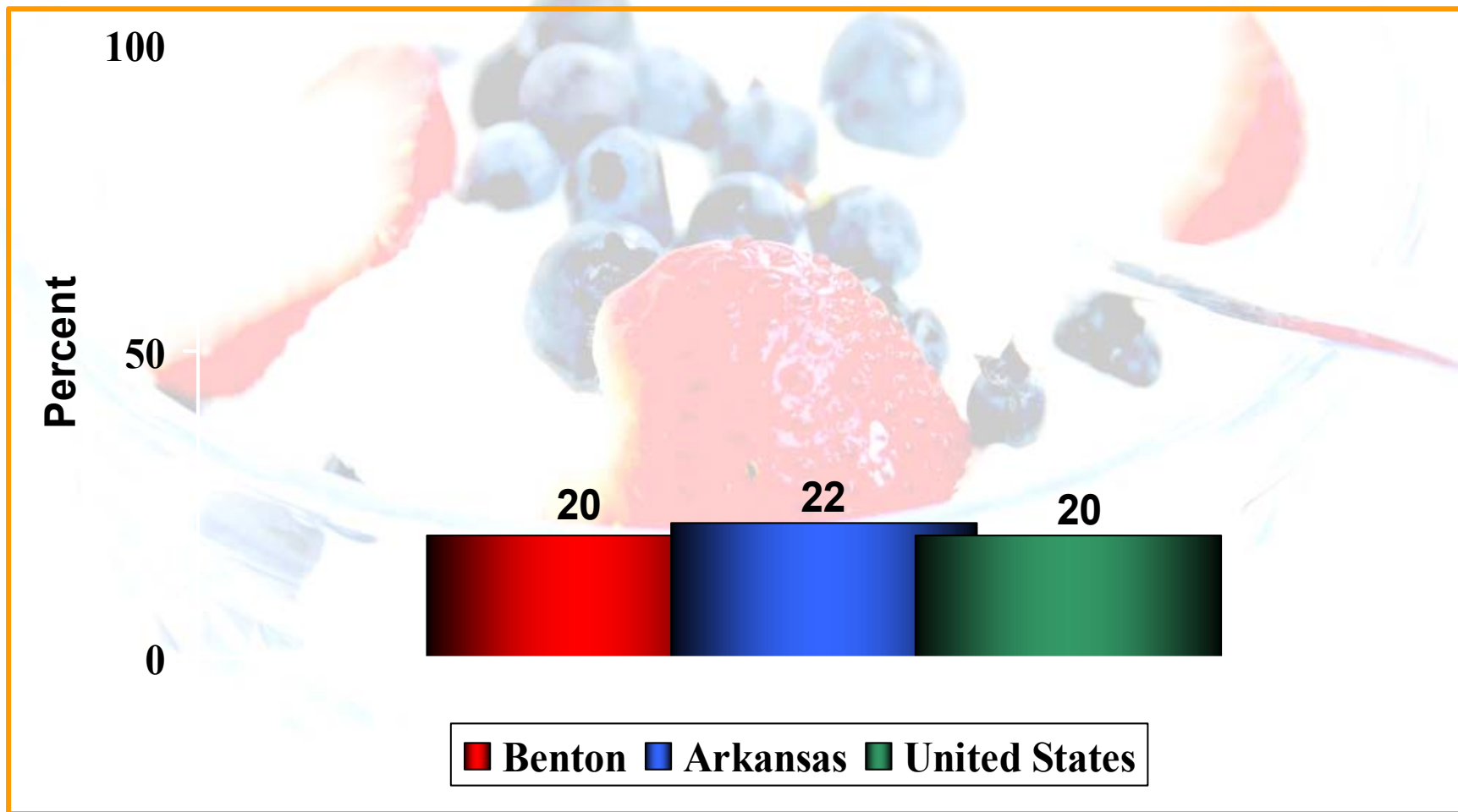


A background image of a glass bowl filled with fresh fruit, including several strawberries and blueberries. The bowl is centered and slightly out of focus, with the fruit appearing vibrant against a light background.

Tobacco Use

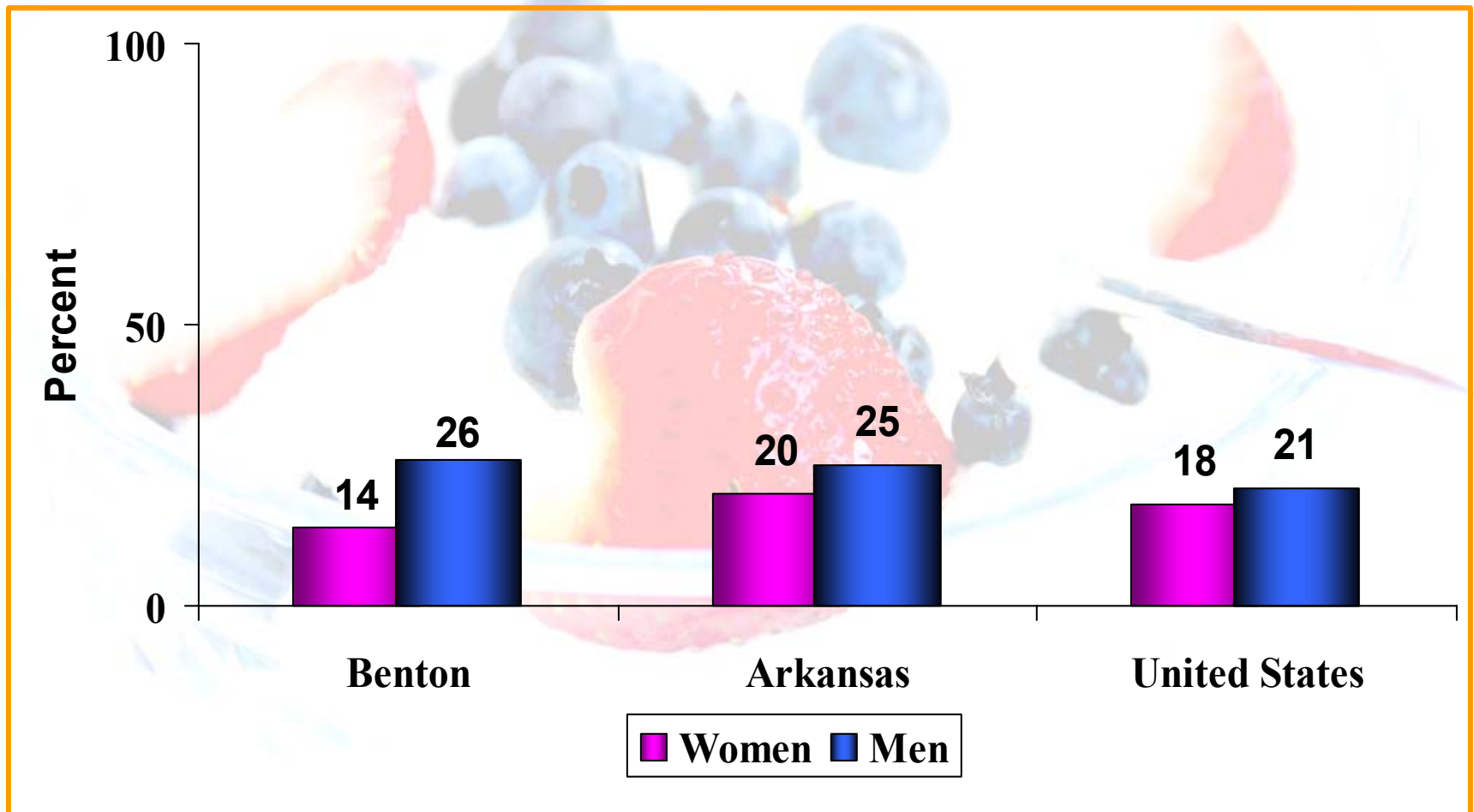
Cigarette Smoking

Persons who are current smokers: Benton County (2008), Arkansas (2007), and U.S. (2007).



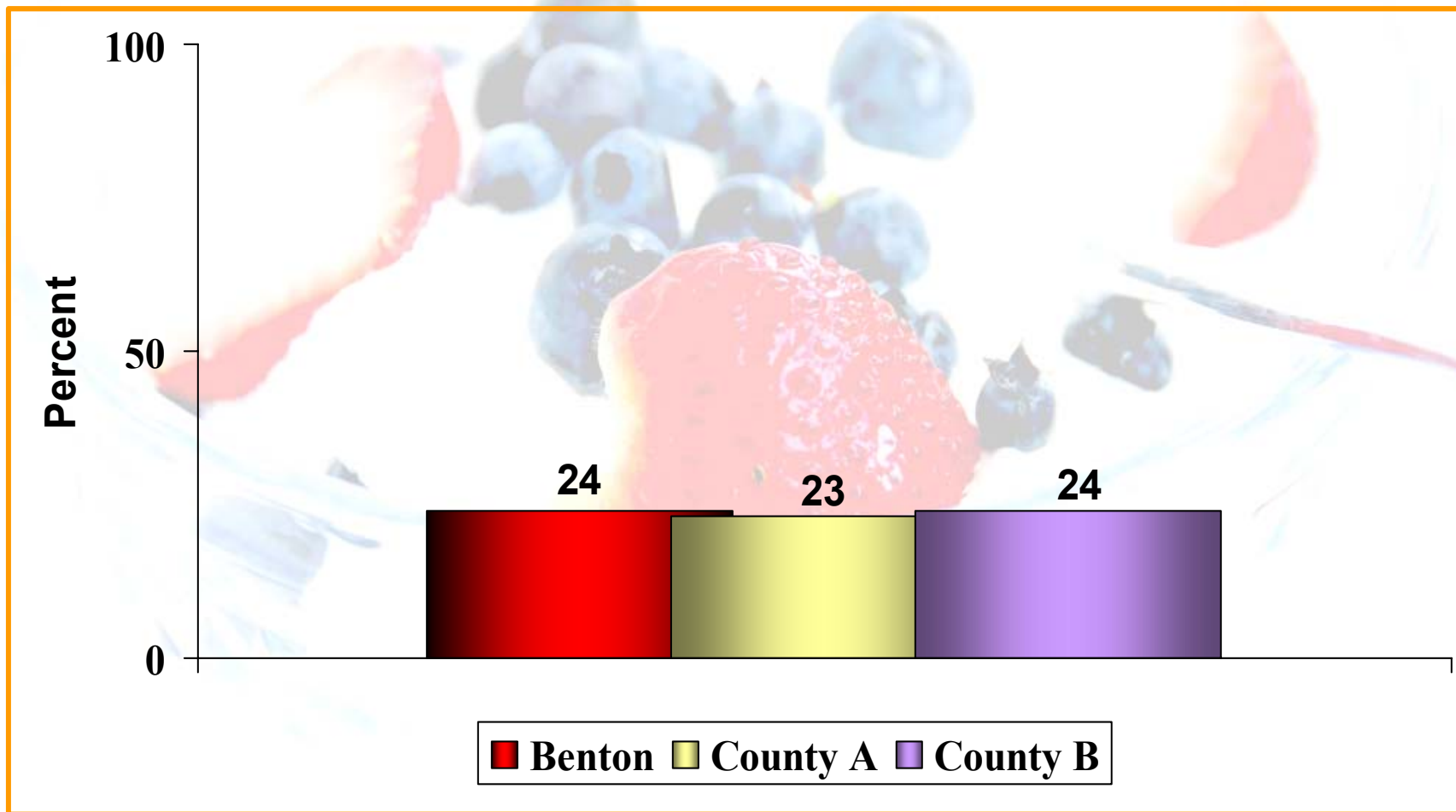
Cigarette Smoking

Persons who are current smokers by gender: Benton County (2008), Arkansas (2007), and U.S. (2007).



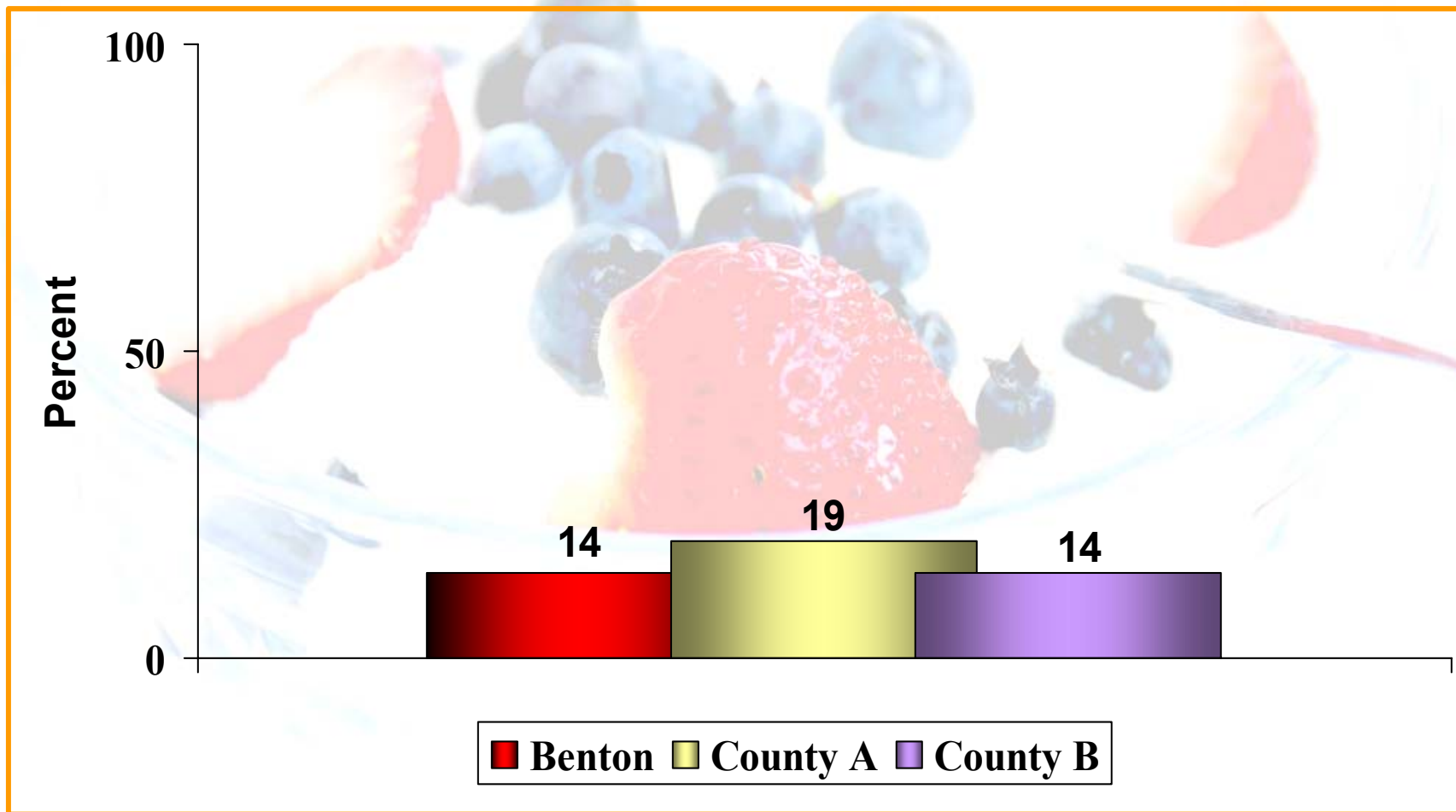
Smokeless Tobacco

Persons who are current users of smokeless tobacco: Benton County (2008) and comparison with two neighboring counties (2008).



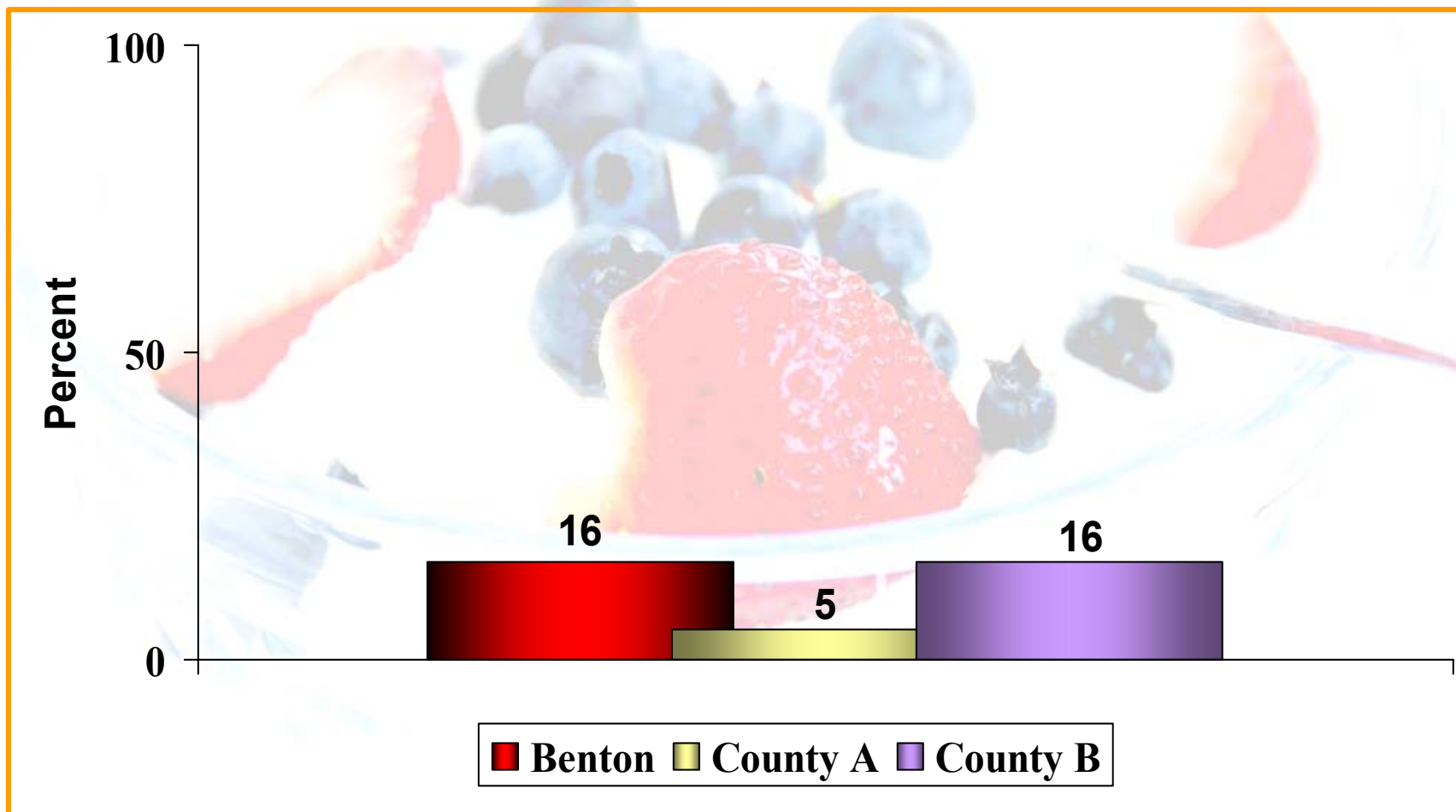
Cigar Smoking

Persons who are current cigar smokers: Benton County (2008) and comparison with two neighboring counties (2008).



Pipe Smoking

Persons who are current pipe smokers: Benton County (2008) and comparison with two neighboring counties (2008).

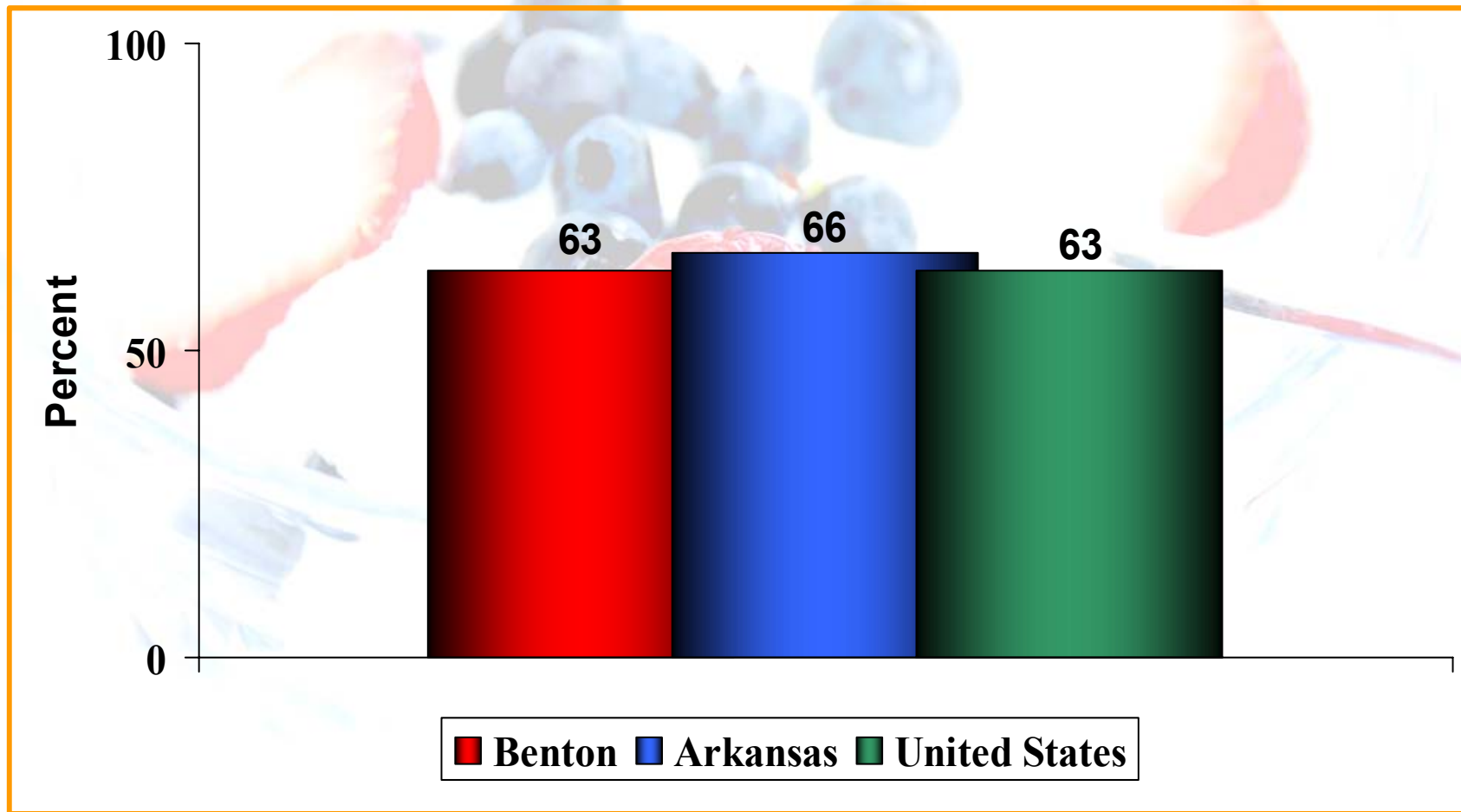


A bowl of fruit, including strawberries and blueberries, is visible in the background. The word "Bodyweight" is overlaid in a large, blue, stylized font with a white outline and a slight shadow effect.

Bodyweight

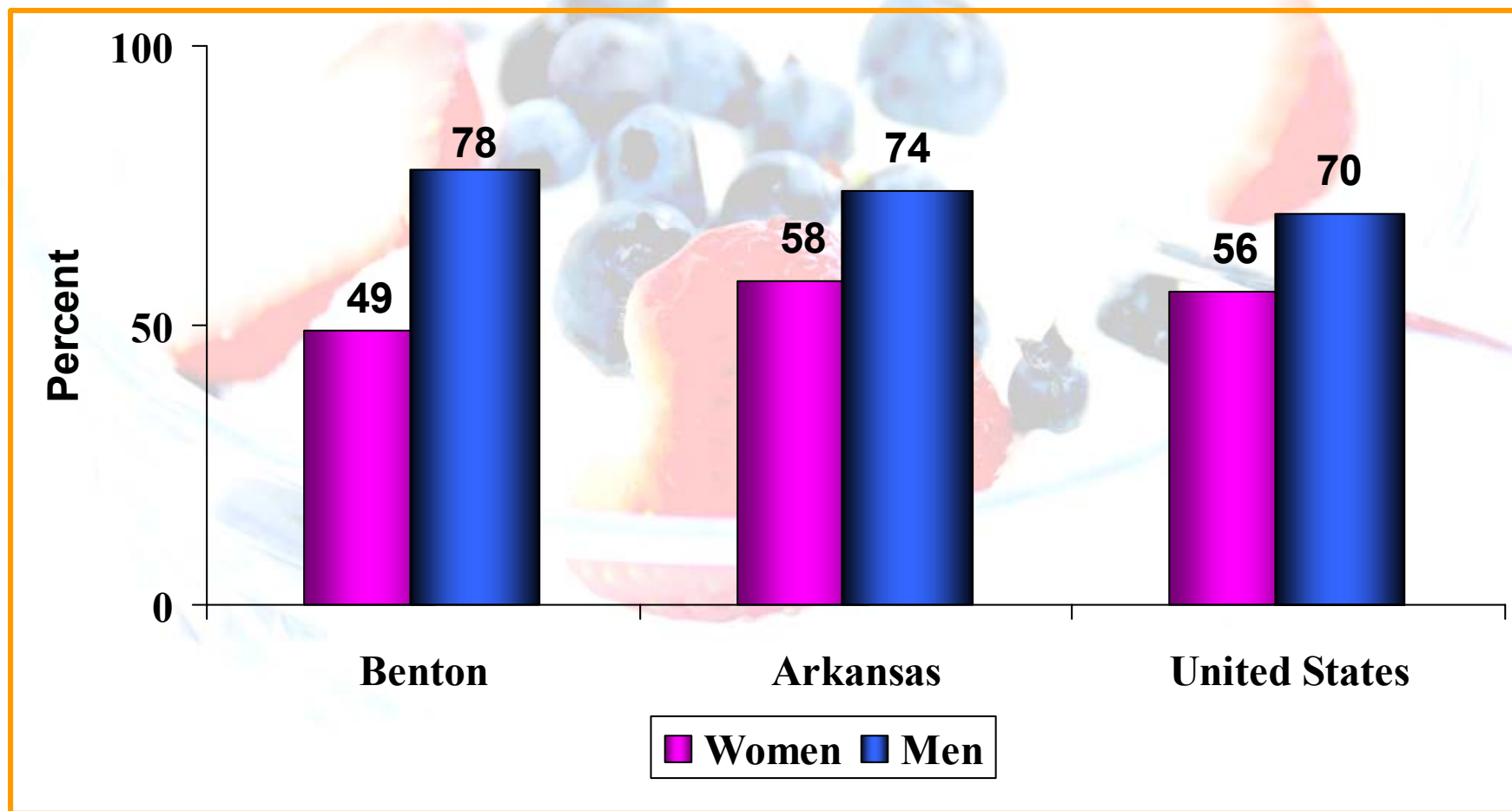
Overweight and Obese

Persons who are overweight and obese as measured by the Body Mass Index (BMI): Benton County (2008), Arkansas (2007), and U.S. (2007).



Overweight and Obese

Persons who are overweight and obese as measured by the Body Mass Index (BMI) by gender: Benton County (2008), Arkansas (2007), and U.S. (2007).

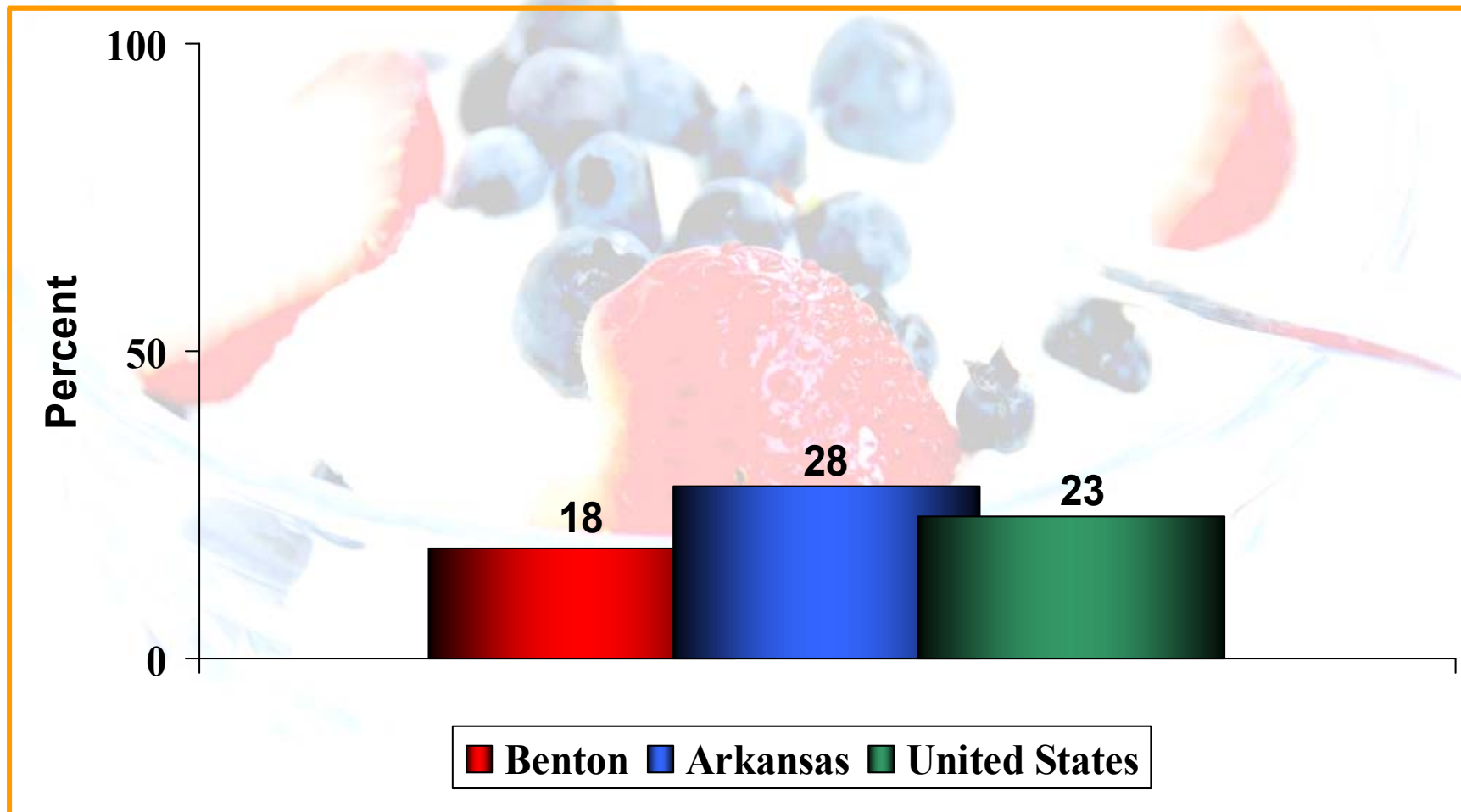


A bowl of fruit, including blueberries and strawberries, is shown in the background. The bowl is white and filled with fresh fruit. The text "Physical Activity" is overlaid on the image in a large, blue, 3D-style font with a white outline.

Physical Activity

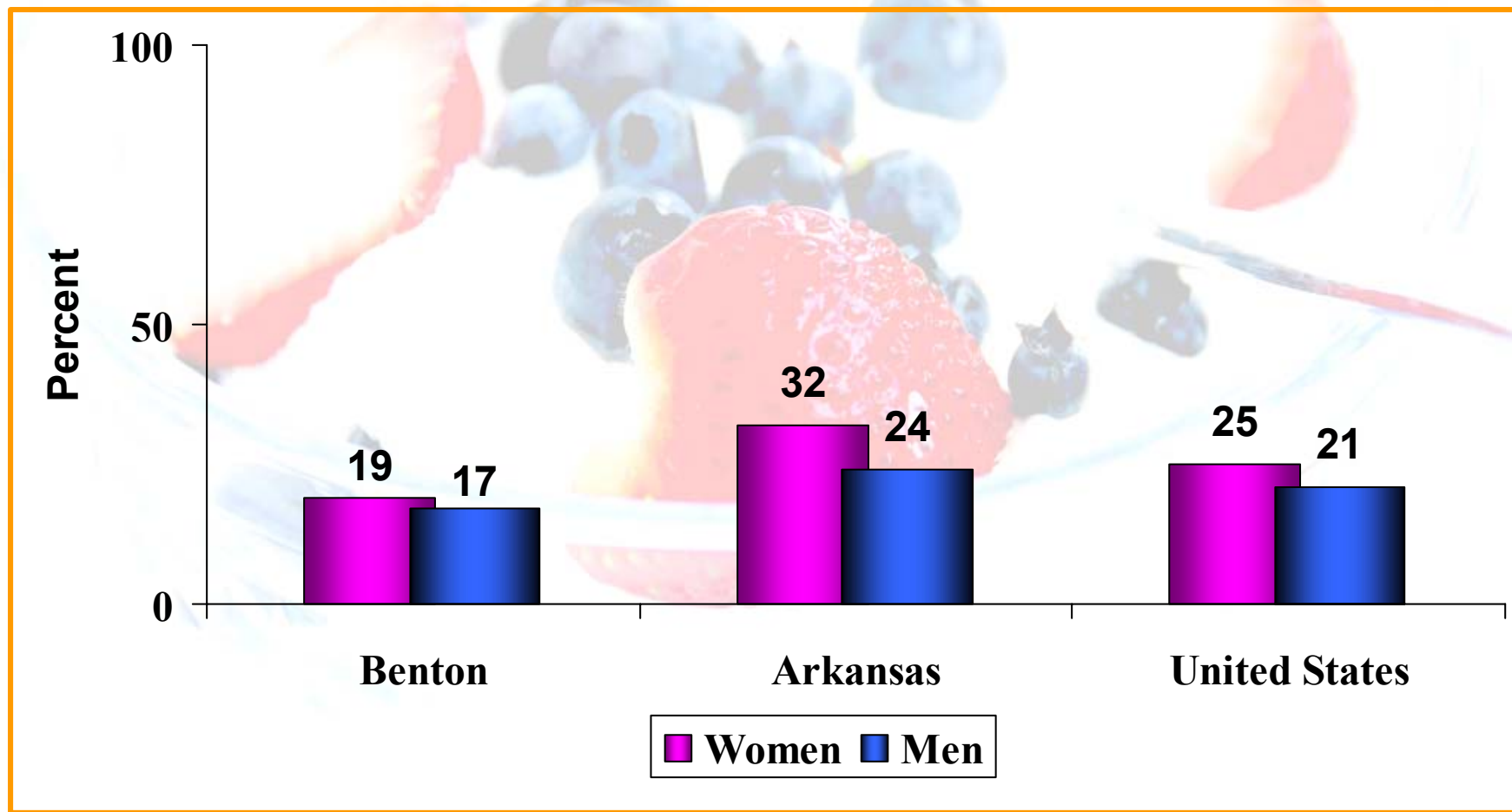
Physical Activity

Persons who did not participate in any physical activity during the past 30 days besides activity related to regular job: Benton County (2008), Arkansas (2007), and U.S. (2007).



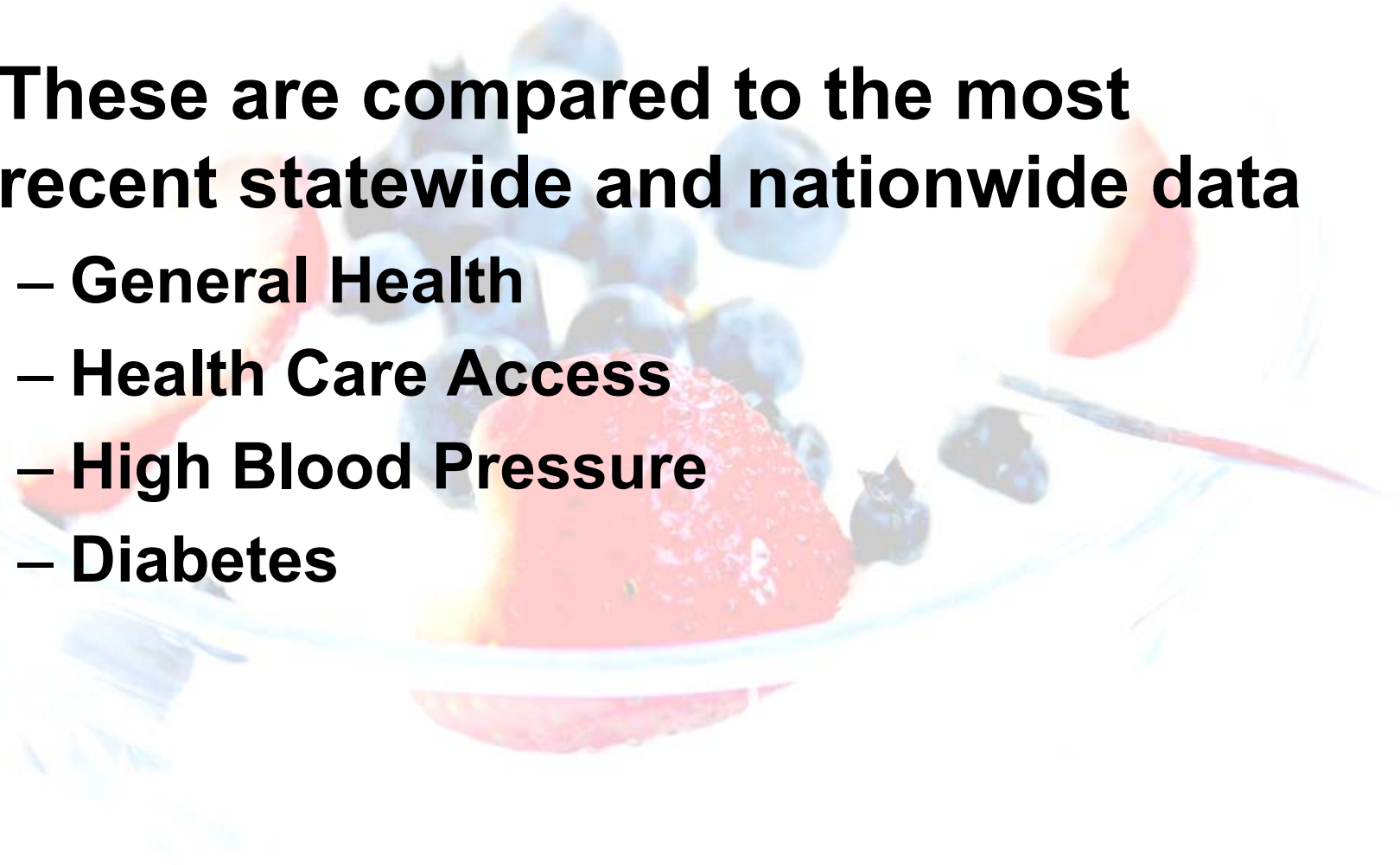
Physical Activity

Persons who did not participate in any physical activity during the past 30 days besides activity related to regular job by gender: Benton County (2008), Arkansas (2007), and U.S. (2007).



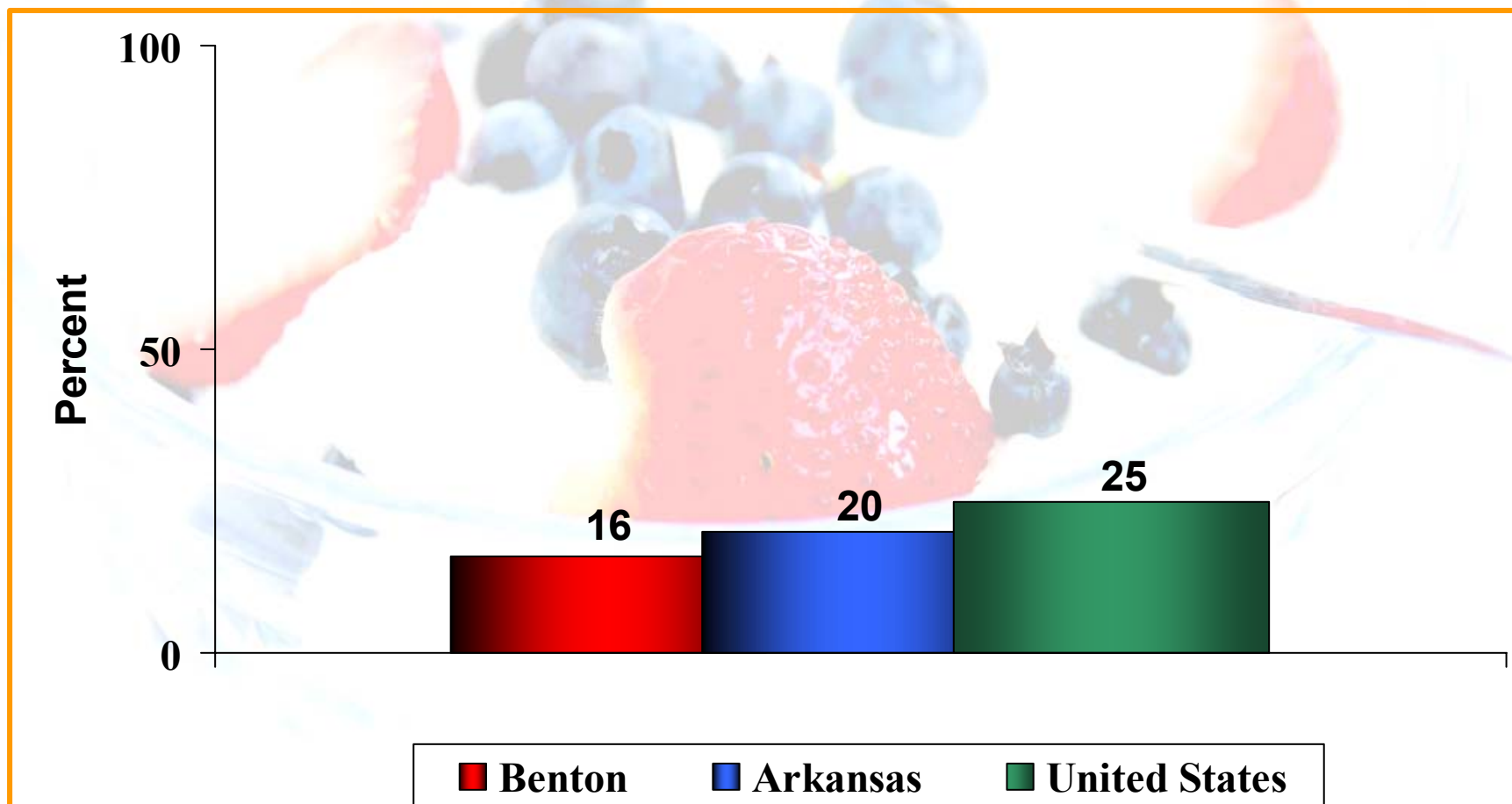
Other Risk Factors

- These are compared to the most recent statewide and nationwide data
 - General Health
 - Health Care Access
 - High Blood Pressure
 - Diabetes



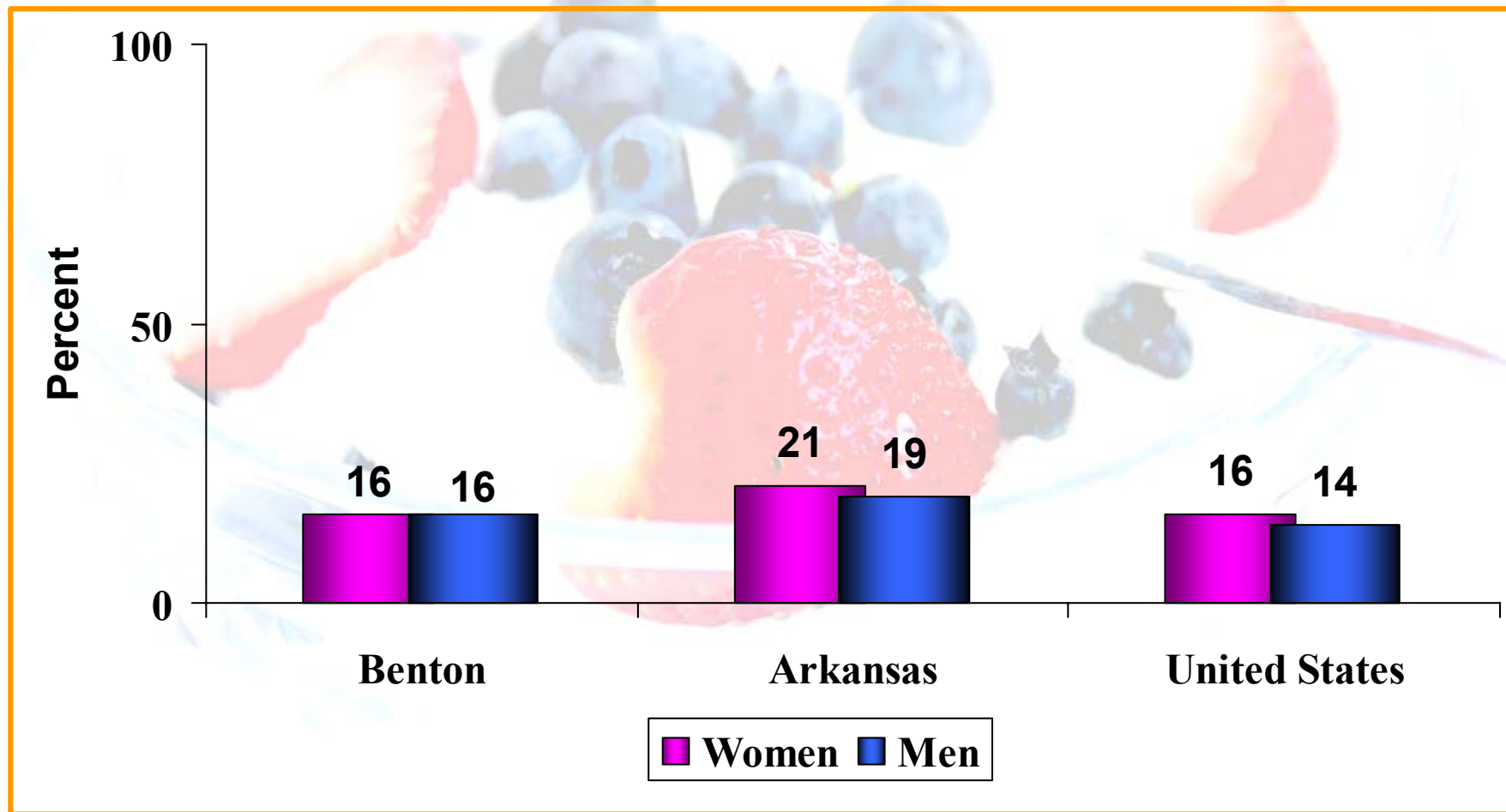
General Health

Persons who reported general health as “fair” or “poor”: Benton County (2008), Arkansas, US (2007), and comparison with neighboring counties (2008).



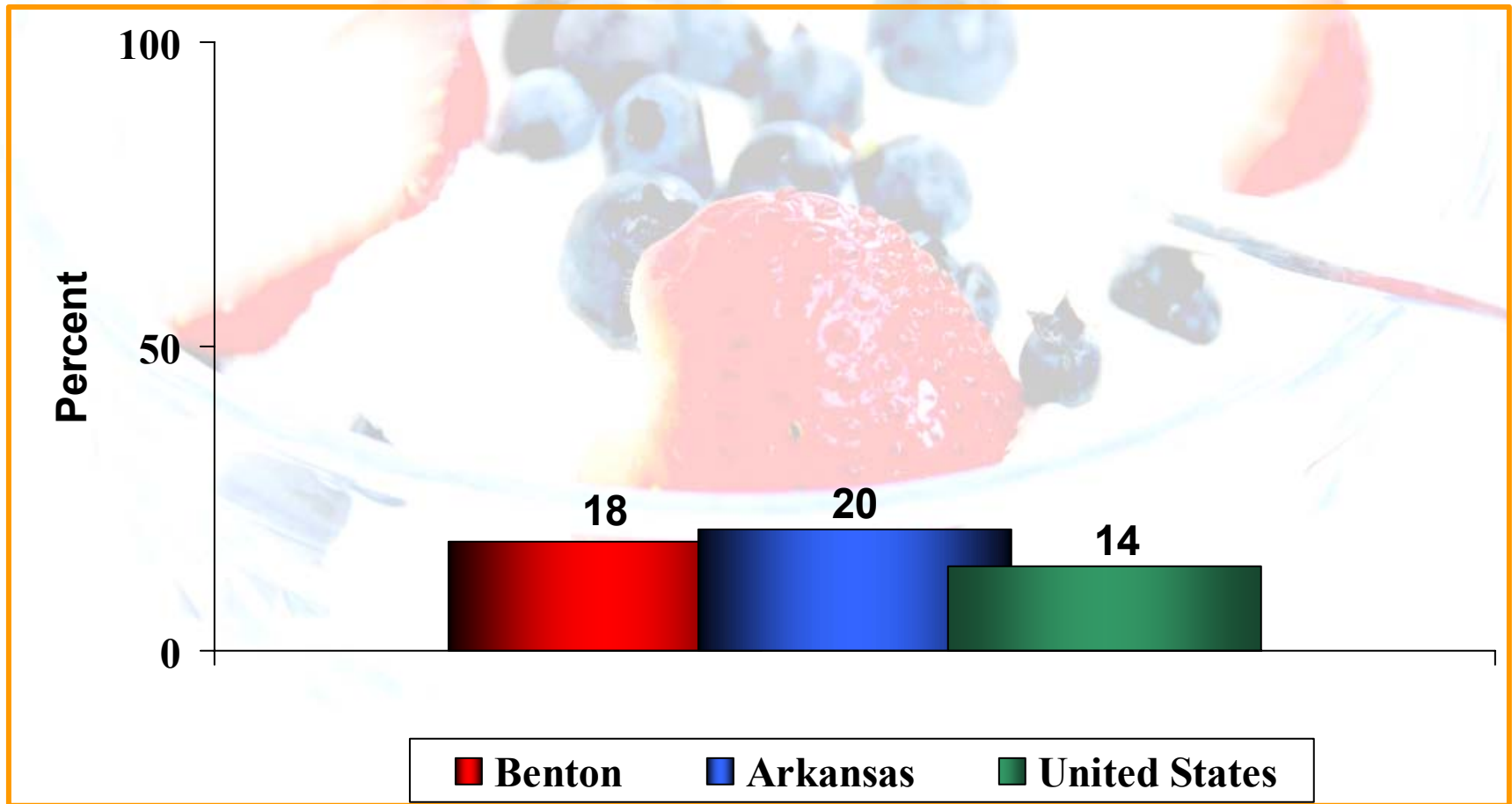
General Health

Persons who reported general health as “fair” or “poor” by gender: Benton County (2008), Arkansas, US (2007).



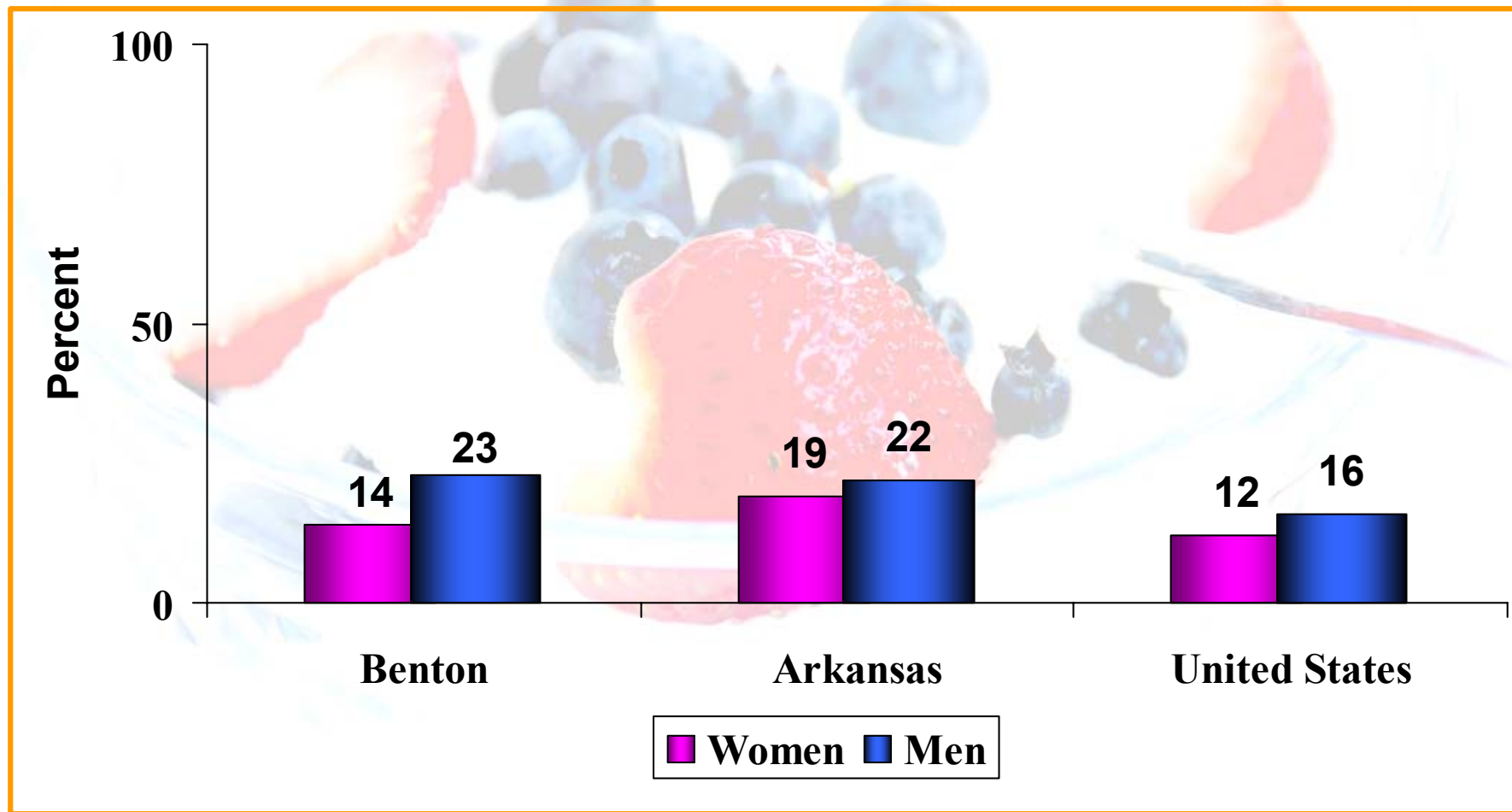
Health Care Access

Persons who reported that they did not have health insurance: Benton County (2008), Arkansas (2007), and U.S. (2007) and comparison with two neighboring counties (2008).



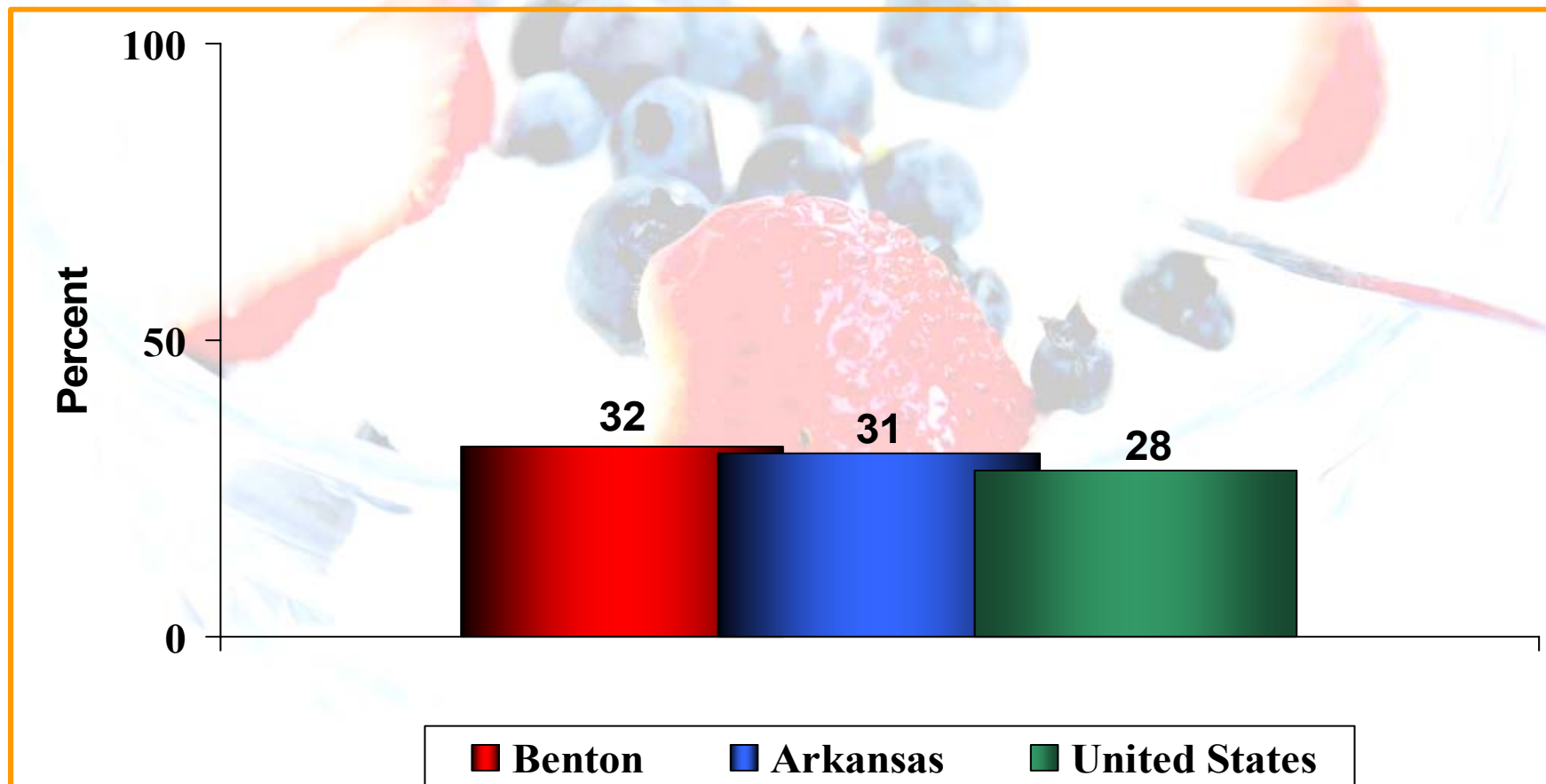
Health Care Access

Persons who reported that they did not have health insurance by gender:
Benton County (2008), Arkansas (2007), and U.S. (2007).



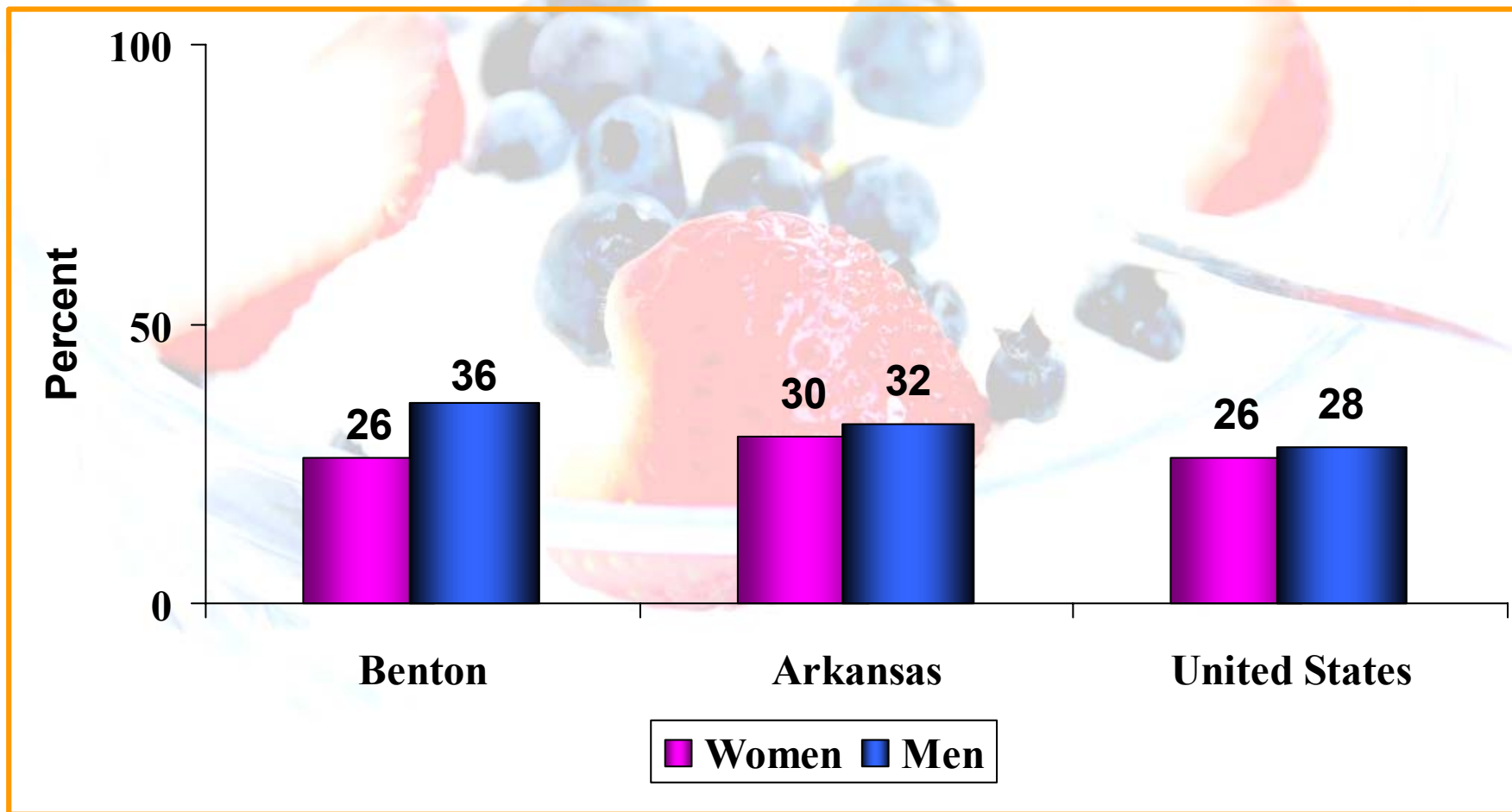
High Blood Pressure

Persons who reported that they have been diagnosed with high blood pressure: Benton County (2008), Arkansas (2007), and U.S. (2007) and comparison with two neighboring counties (2008).



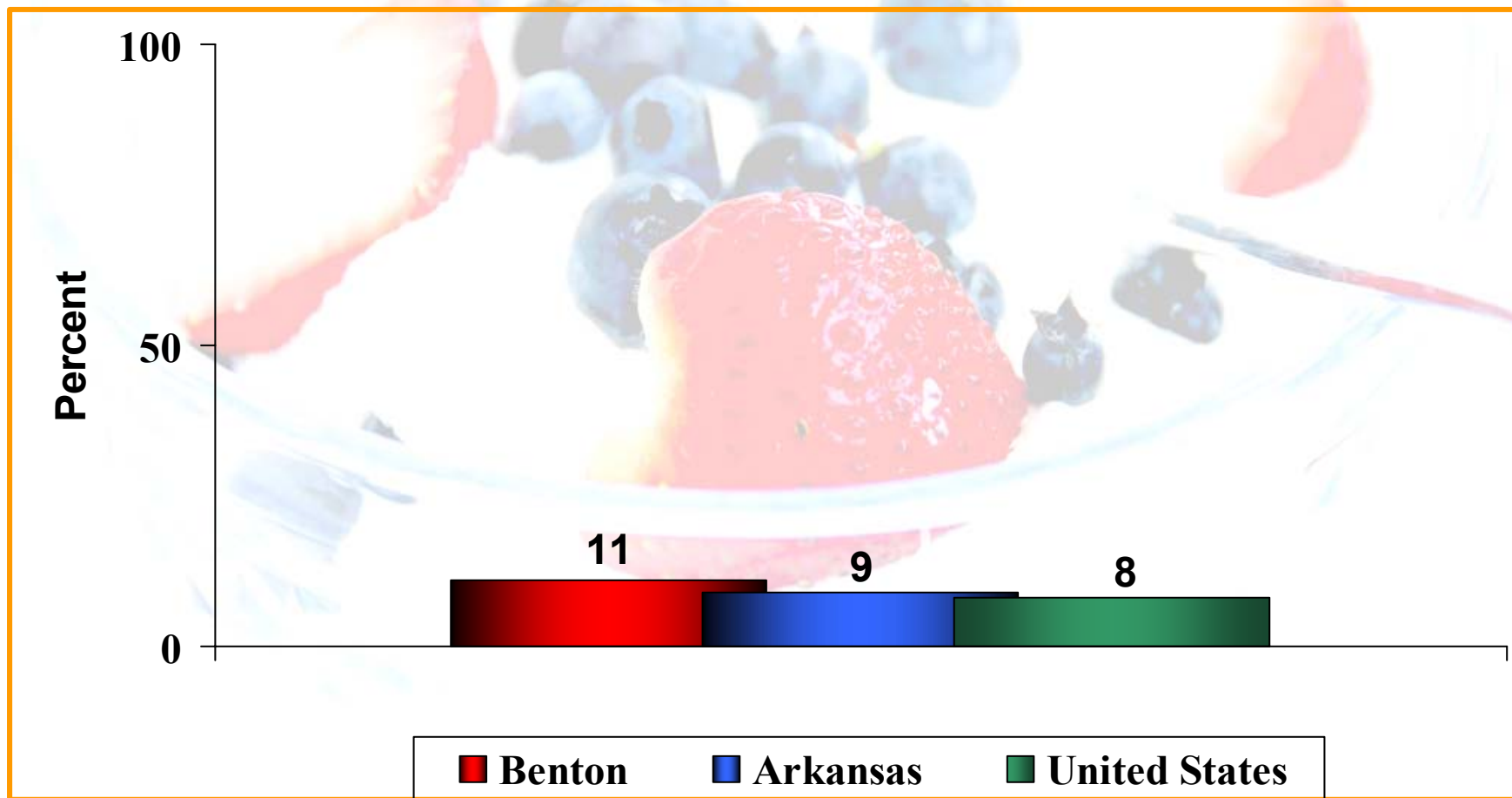
High Blood Pressure

Persons who reported that they have been diagnosed with high blood pressure by gender: Benton County (2008), Arkansas (2007), and U.S. (2007).



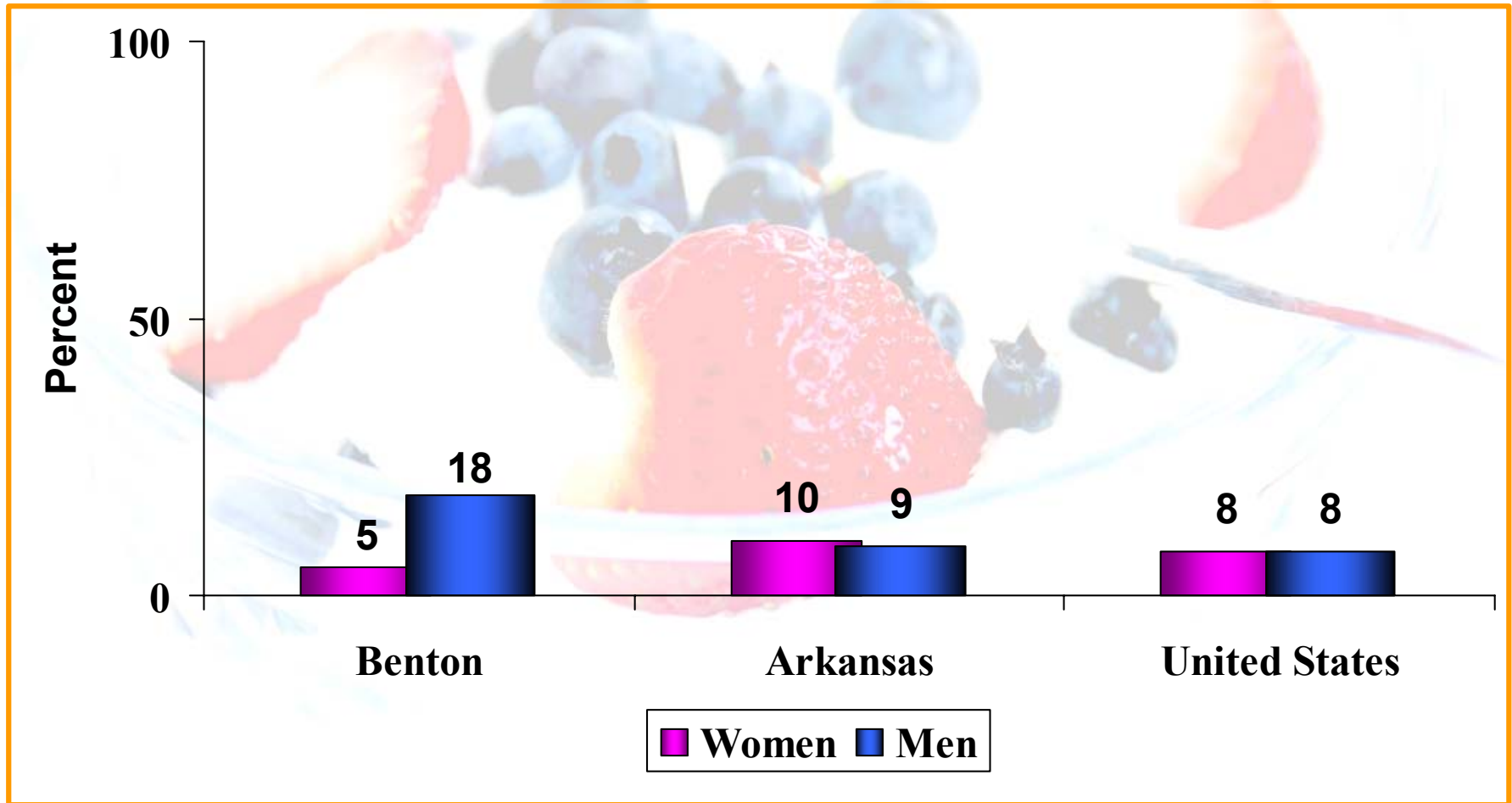
Diabetes

Persons who reported that they have been diagnosed with diabetes:
Benton County (2008), Arkansas (2007), and U.S. (2007) and comparison
with two neighboring counties (2008).



Diabetes

Persons who reported that they have been diagnosed with diabetes by gender: Benton County (2008), Arkansas (2007), and U.S. (2007).



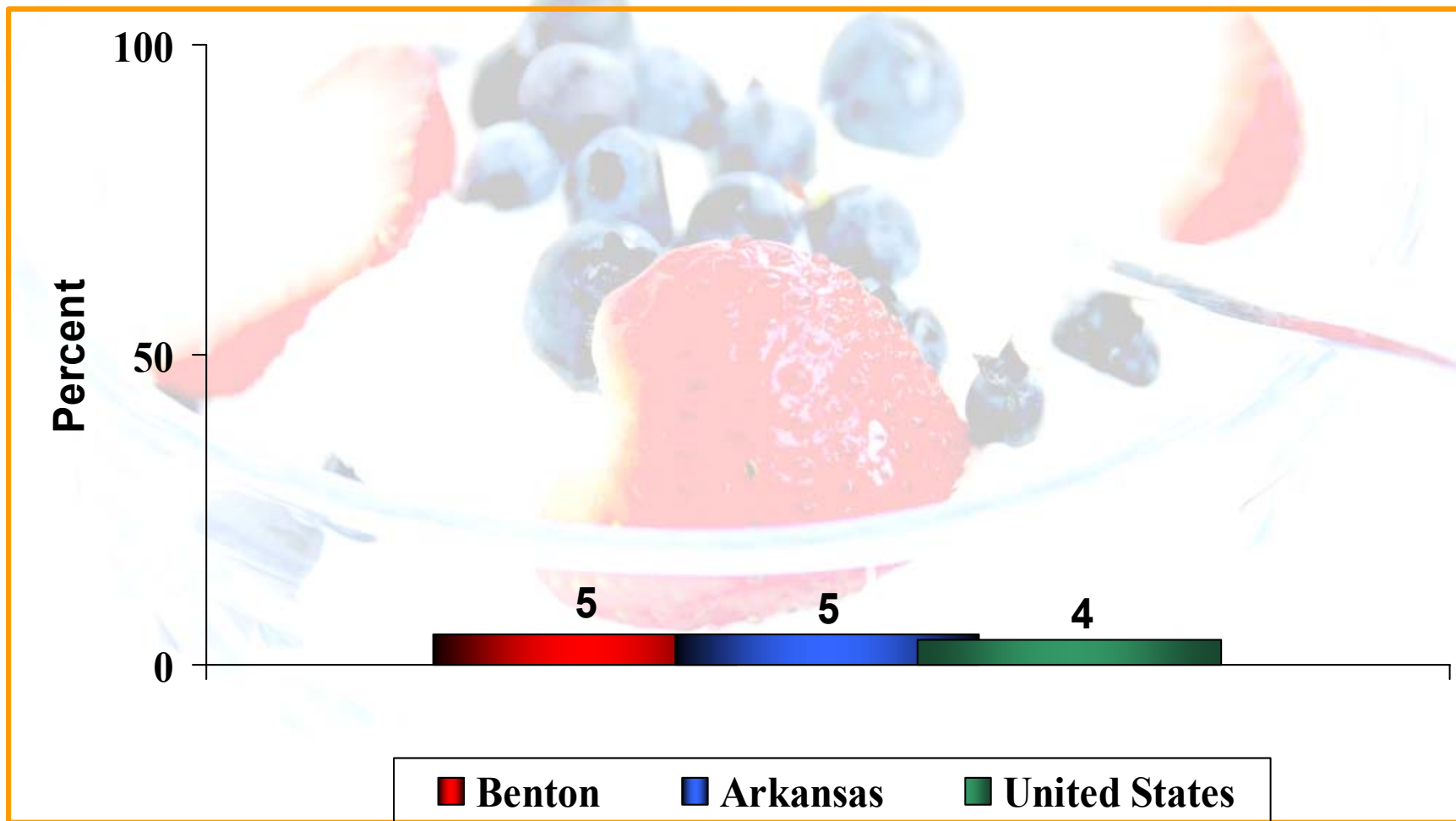
Cardiovascular Disease Prevalence

- **These are compared to the 2007 statewide and nationwide data**
 - **Myocardial Infarction**
 - **Angina or Coronary Heart Disease**
 - **Stroke**



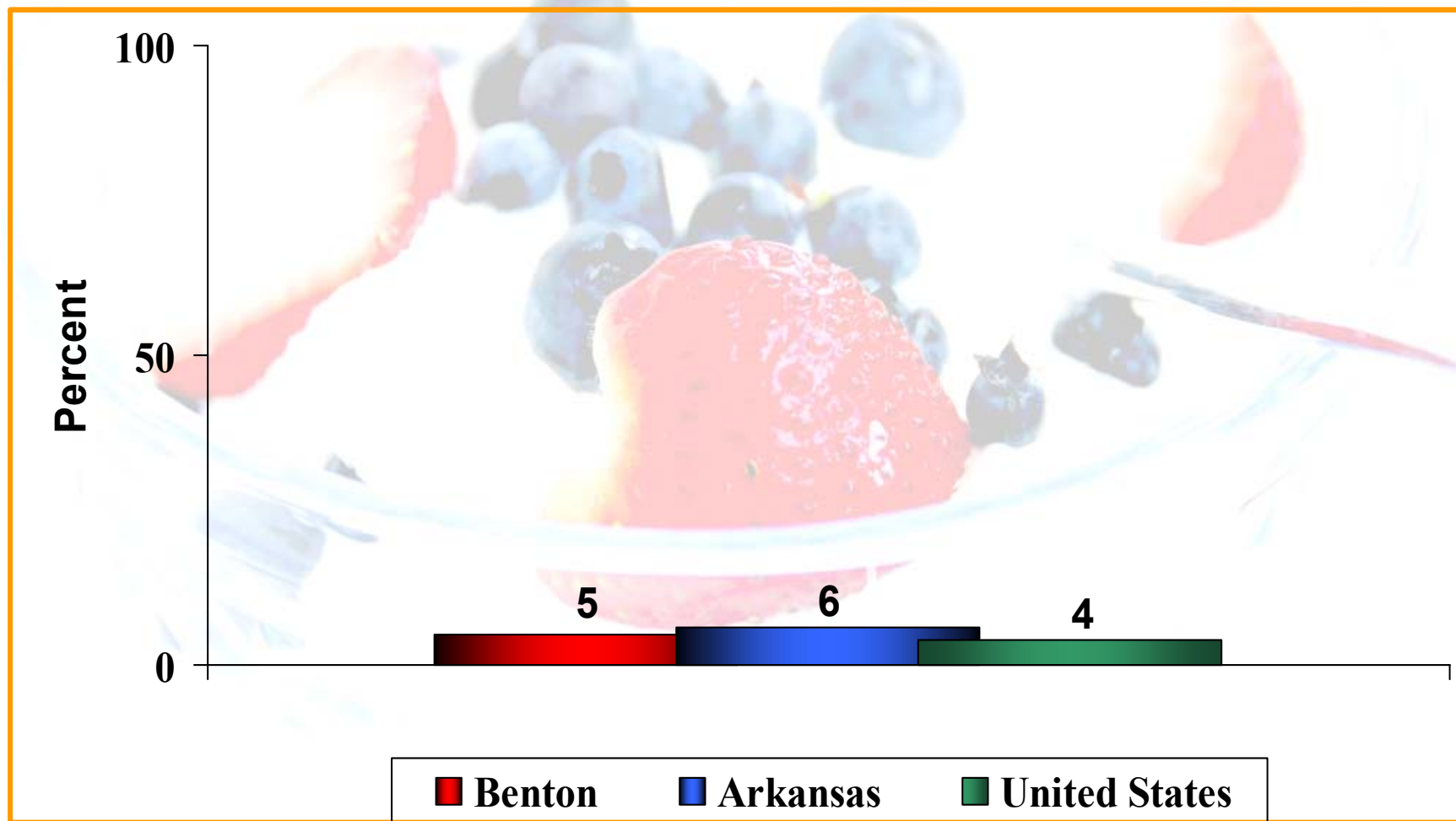
Myocardial Infarction

Persons who reported that they had been diagnosed with a myocardial infarction: Benton County (2008), Arkansas (2007), and U.S. (2007).



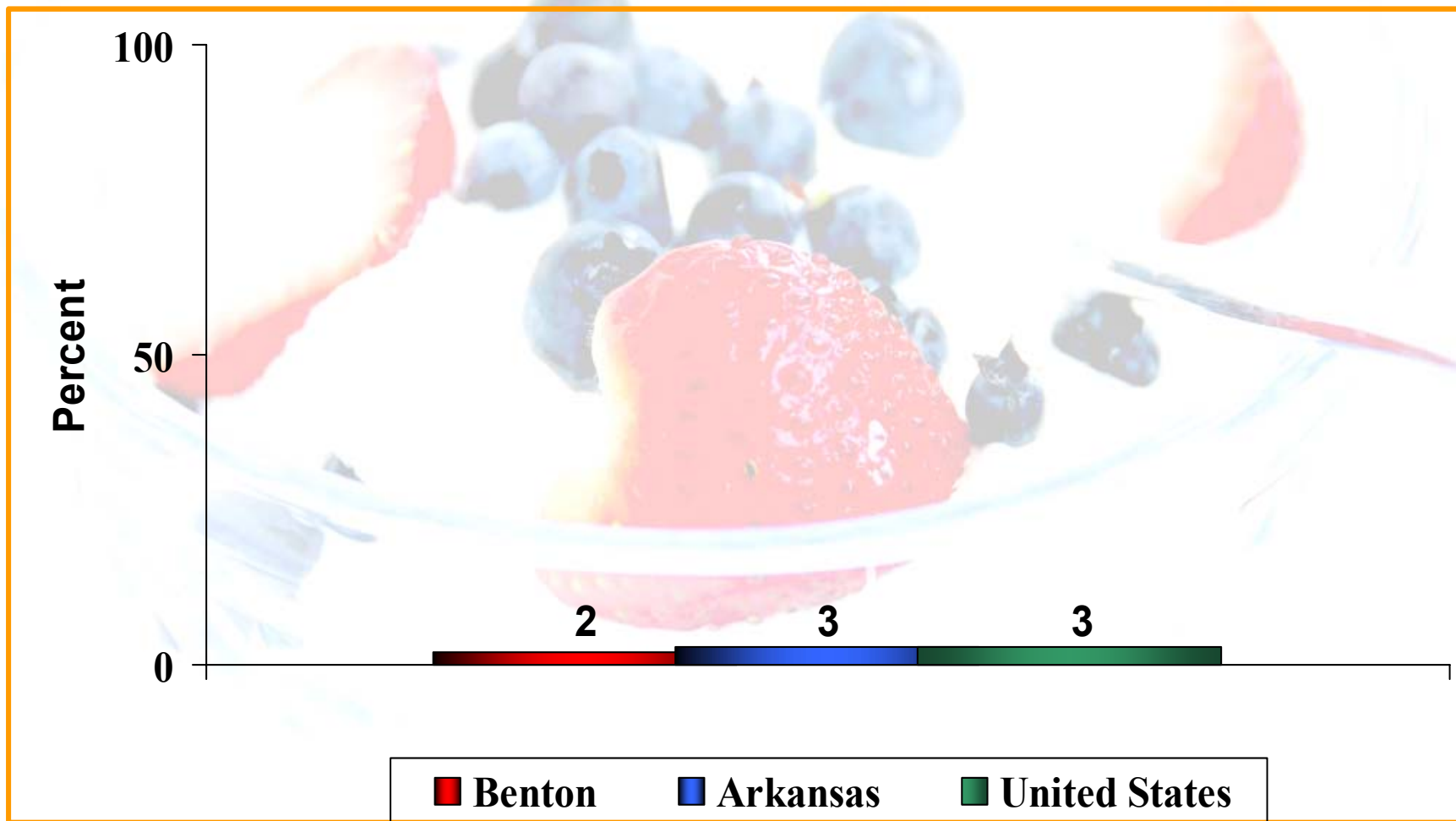
Angina

Persons who reported that they had been diagnosed with a angina:
Benton County (2008), Arkansas (2007), and U.S. (2007).



Stroke

Persons who reported that they had been diagnosed with a stroke: Benton County (2008), Arkansas (2007), and U.S. (2007).



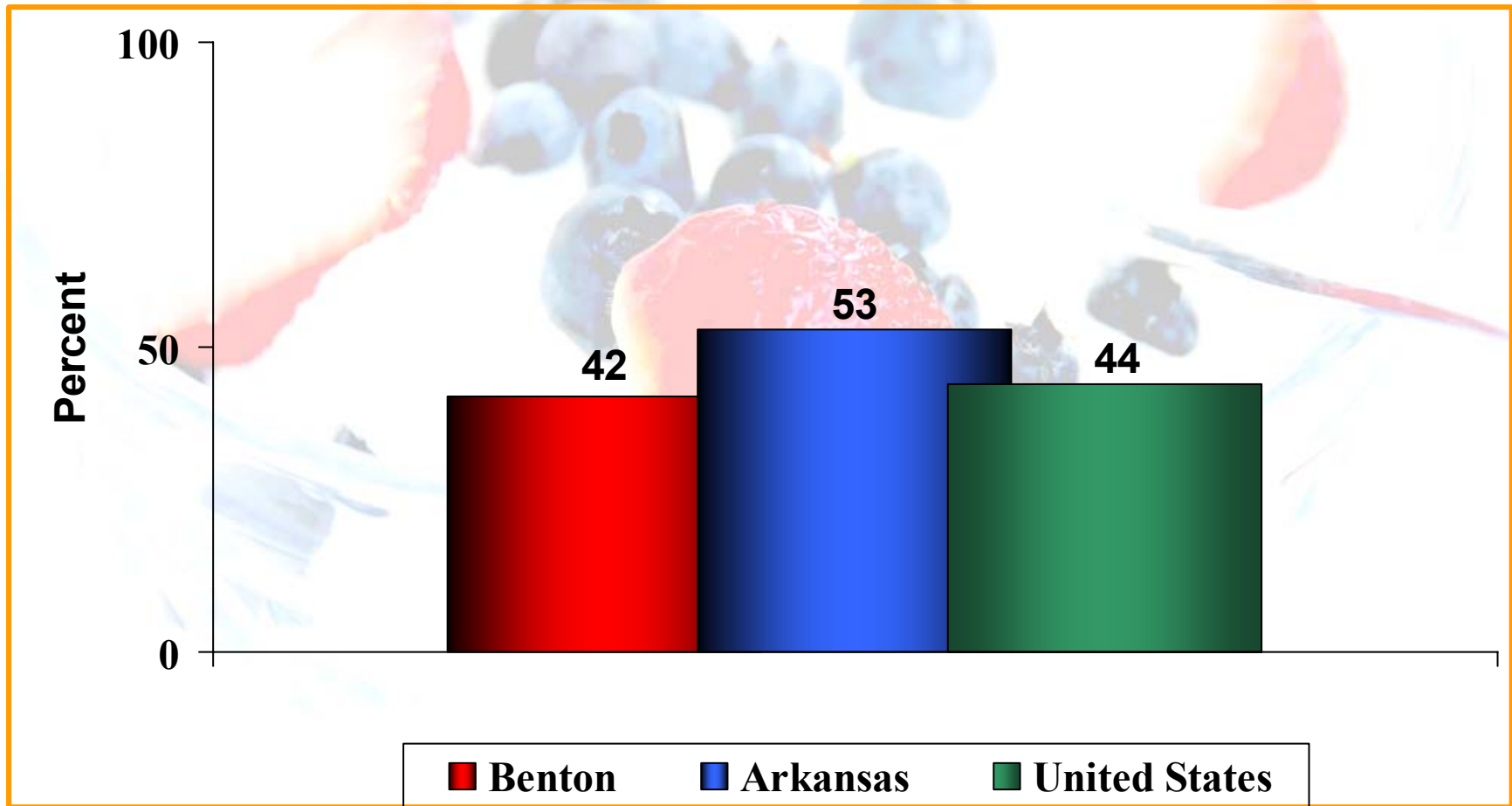
Oral Health

- These are compared to the 2006 statewide and nationwide data
 - Permanent Teeth Extraction
 - Last Dental Visit



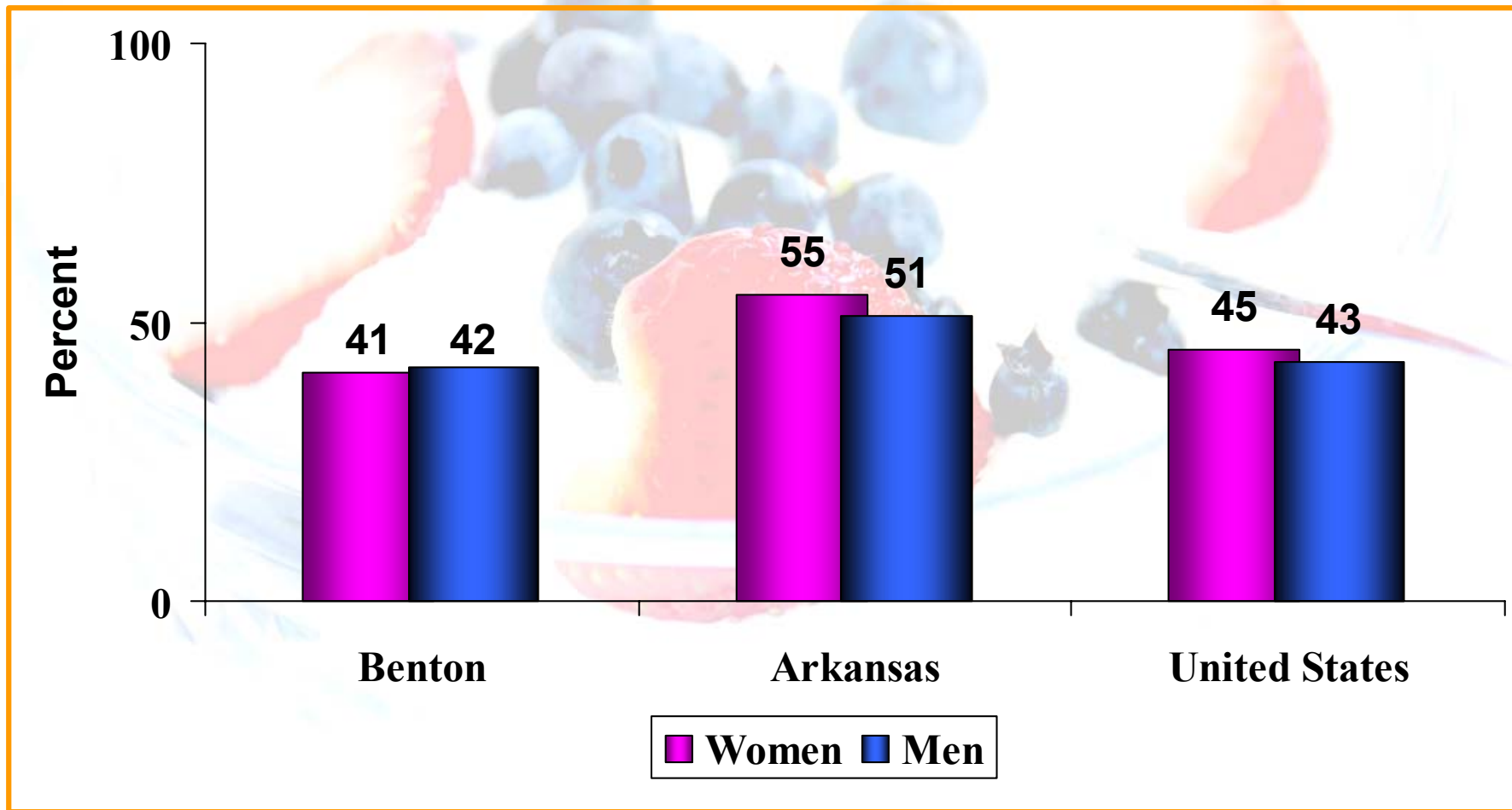
Permanent Teeth Extraction

Persons who reported that they have had permanent teeth extracted due to tooth decay or gum disease: Benton County (2008), Arkansas (2006), and U.S. (2006).



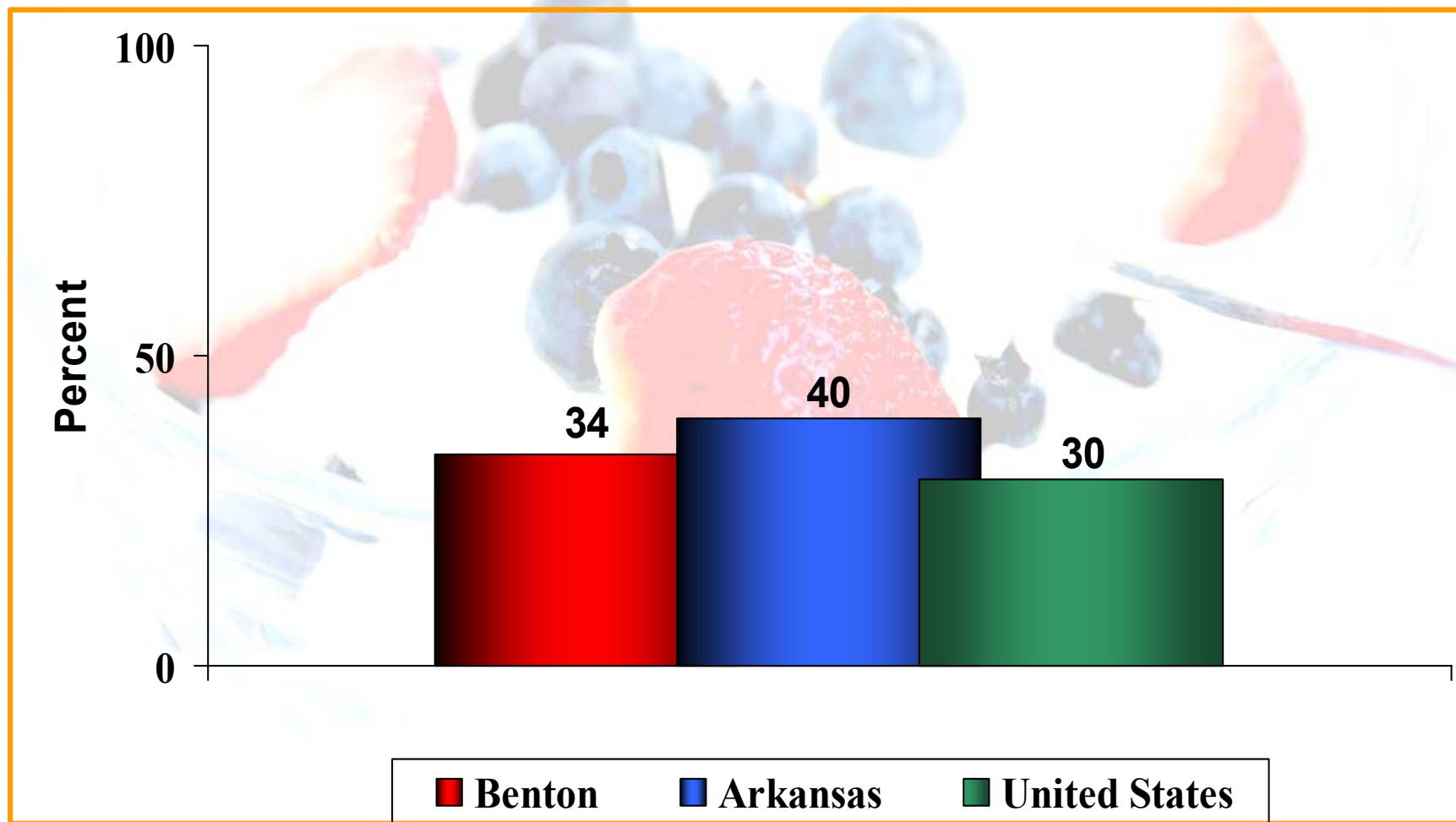
Permanent Teeth Extraction

Persons who reported that they have had permanent teeth extracted due to tooth decay or gum disease : Benton County (2008), Arkansas (2006), and U.S. (2006).



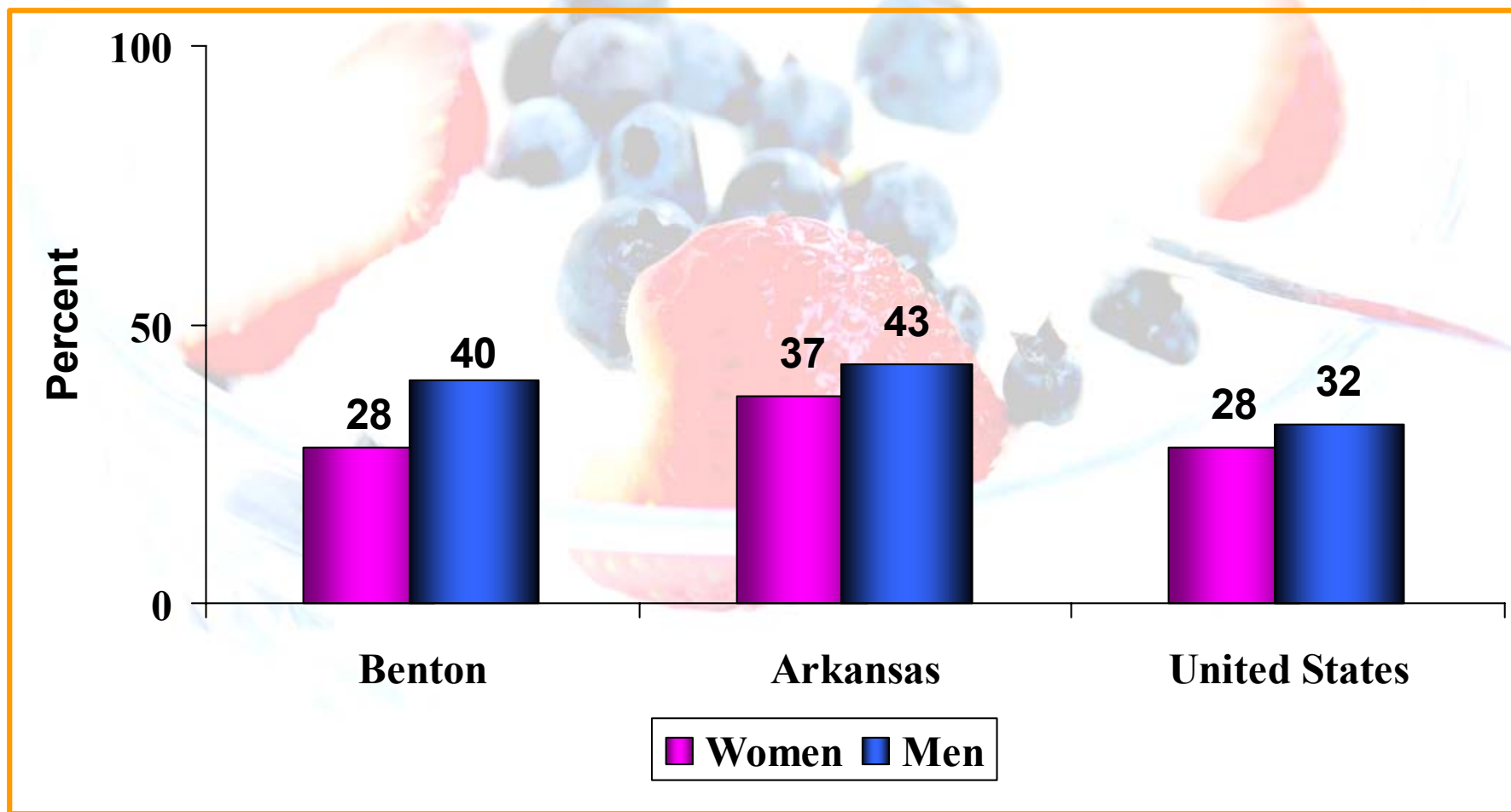
Last Dental Visit

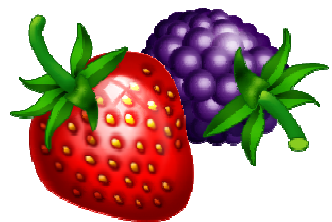
Persons who reported that they have that last dental visit was one year or more ago: Benton County (2008), Arkansas (2006), and U.S. (2006).



Last Dental Visit

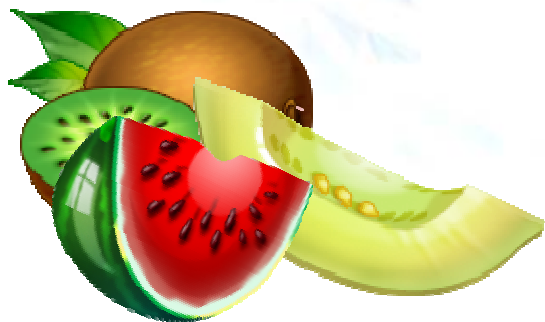
Persons who reported that they have that last dental visit was one year or more ago : Benton County (2008), Arkansas (2006), and U.S. (2006).





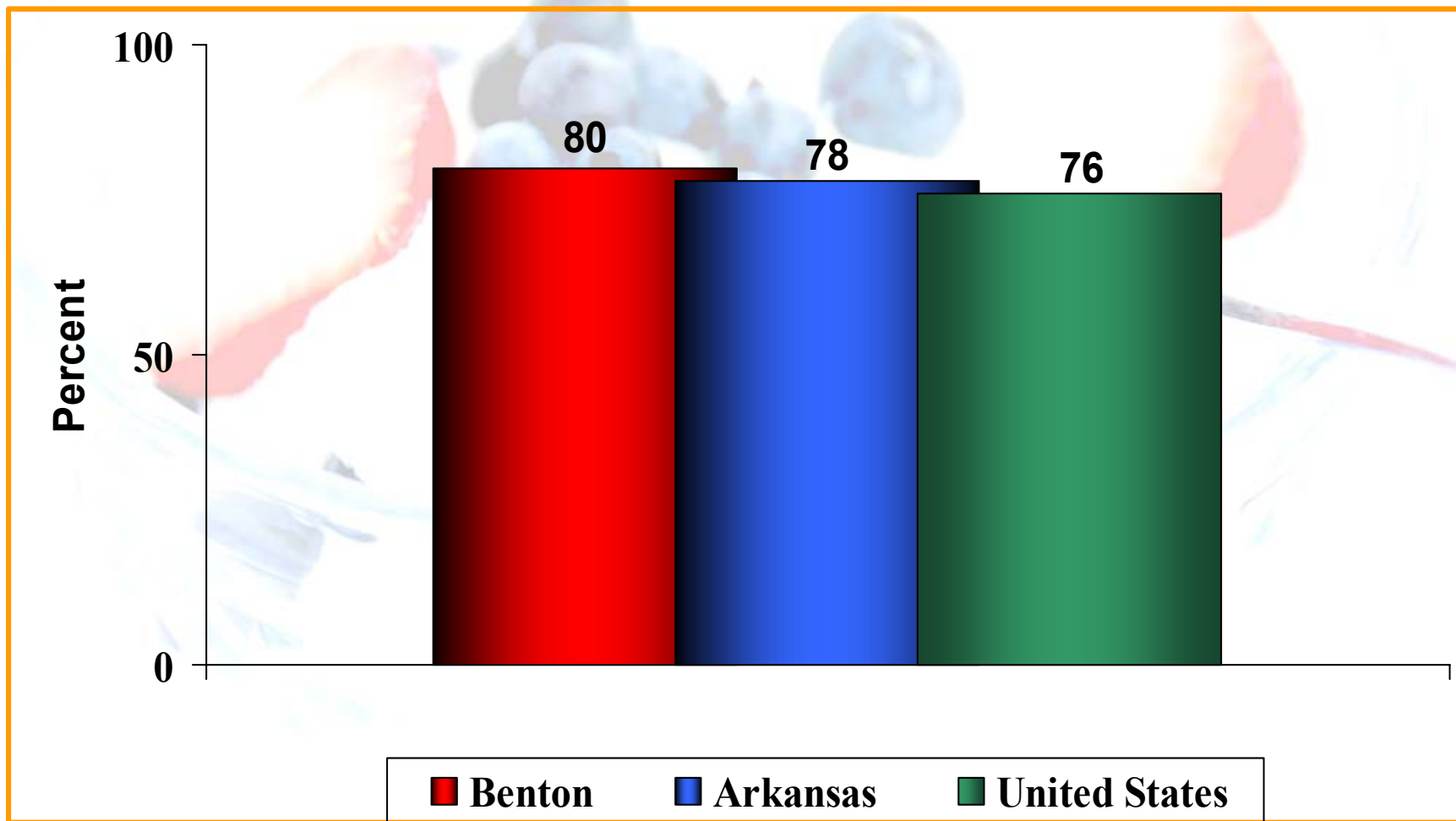
Fruits and Vegetables

- **These are compared to the 2007 statewide and nationwide data**
 - **Consumption of fruits and vegetables fewer than five times per day**



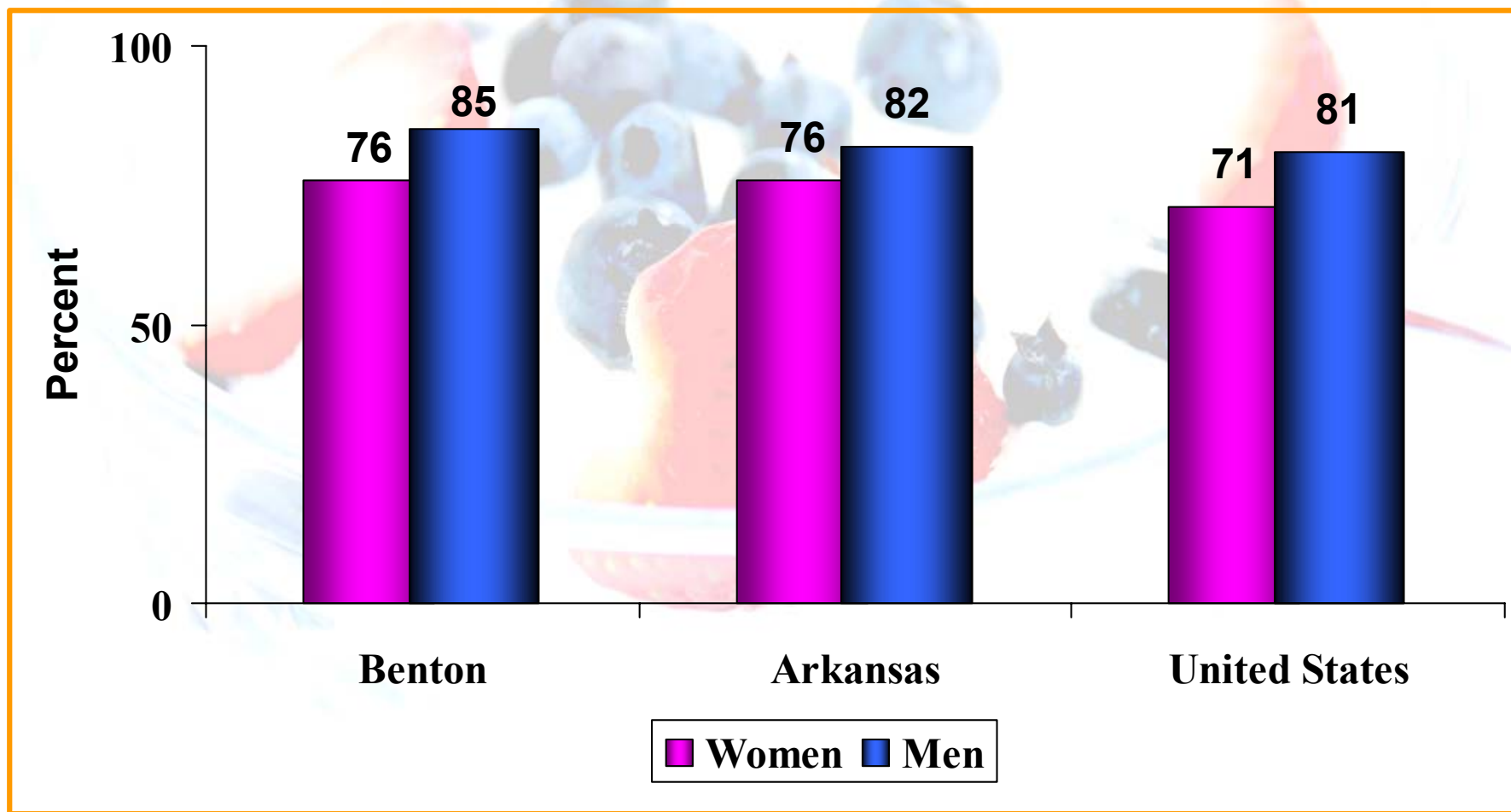
Fruits and Vegetables

Persons who reported that they have they consumed fewer than 5 fruits and vegetables per day: Benton County (2008), Arkansas, and US (2007).



Fruits and Vegetables

Persons who reported that they have they consumed fewer than 5 fruits and vegetables per day: Benton County (2008), Arkansas (2007), and U.S. (2007).



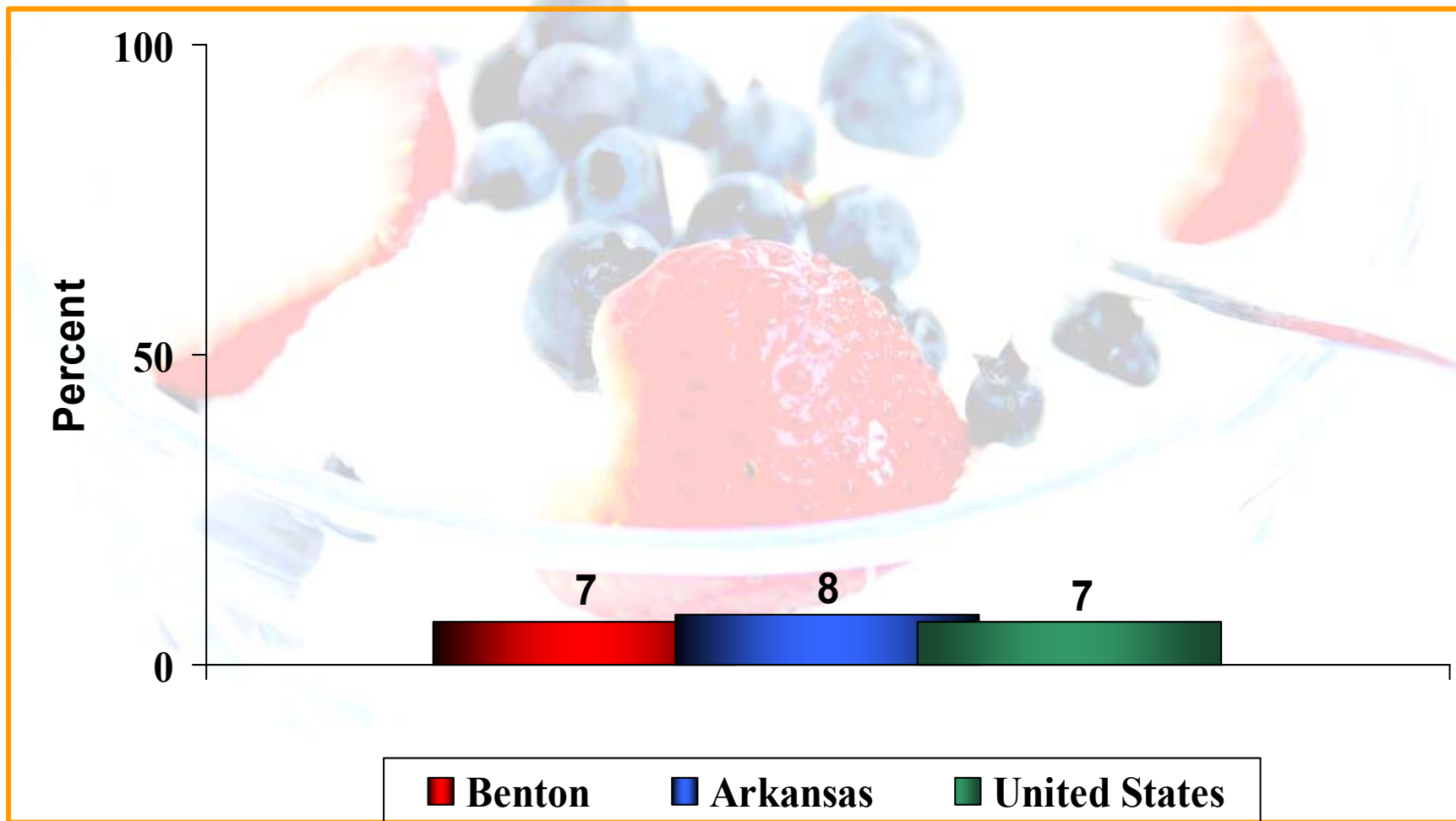
Disability

- These are compared to the 2006 statewide and nationwide data
 - Use of special equipment



Use of Special Equipment

Persons who reported that they use special equipment: Benton County (2008), Arkansas (2007), and U.S. (2007).



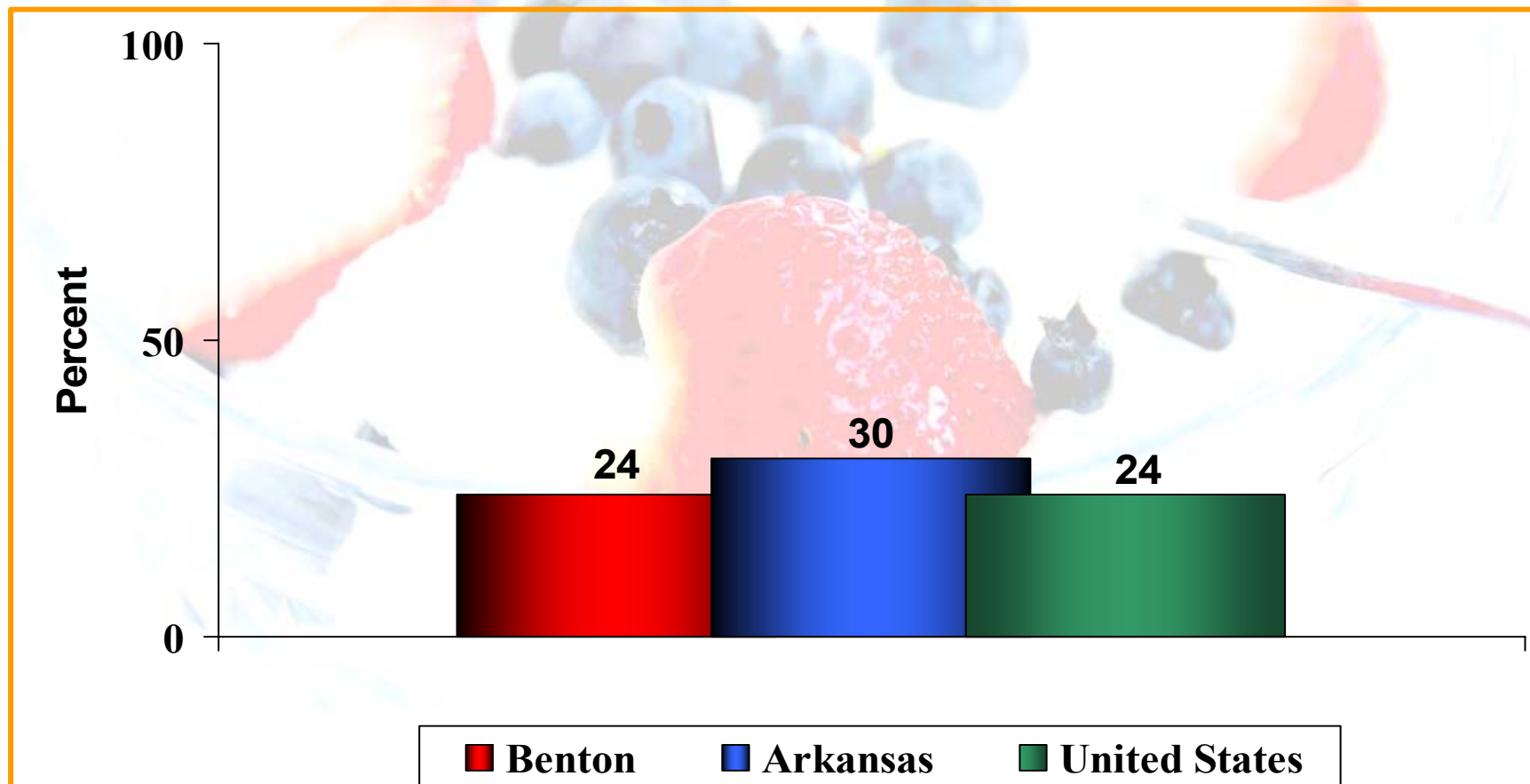
Women's Health

A background image of a glass bowl filled with fresh fruit. The bowl contains several whole strawberries, a few blueberries, and slices of kiwi. The fruit is arranged in a way that it looks like a healthy snack or meal component.

- **These are compared to the most recent statewide and nationwide data**
 - Mammogram data
 - Pap Smear data

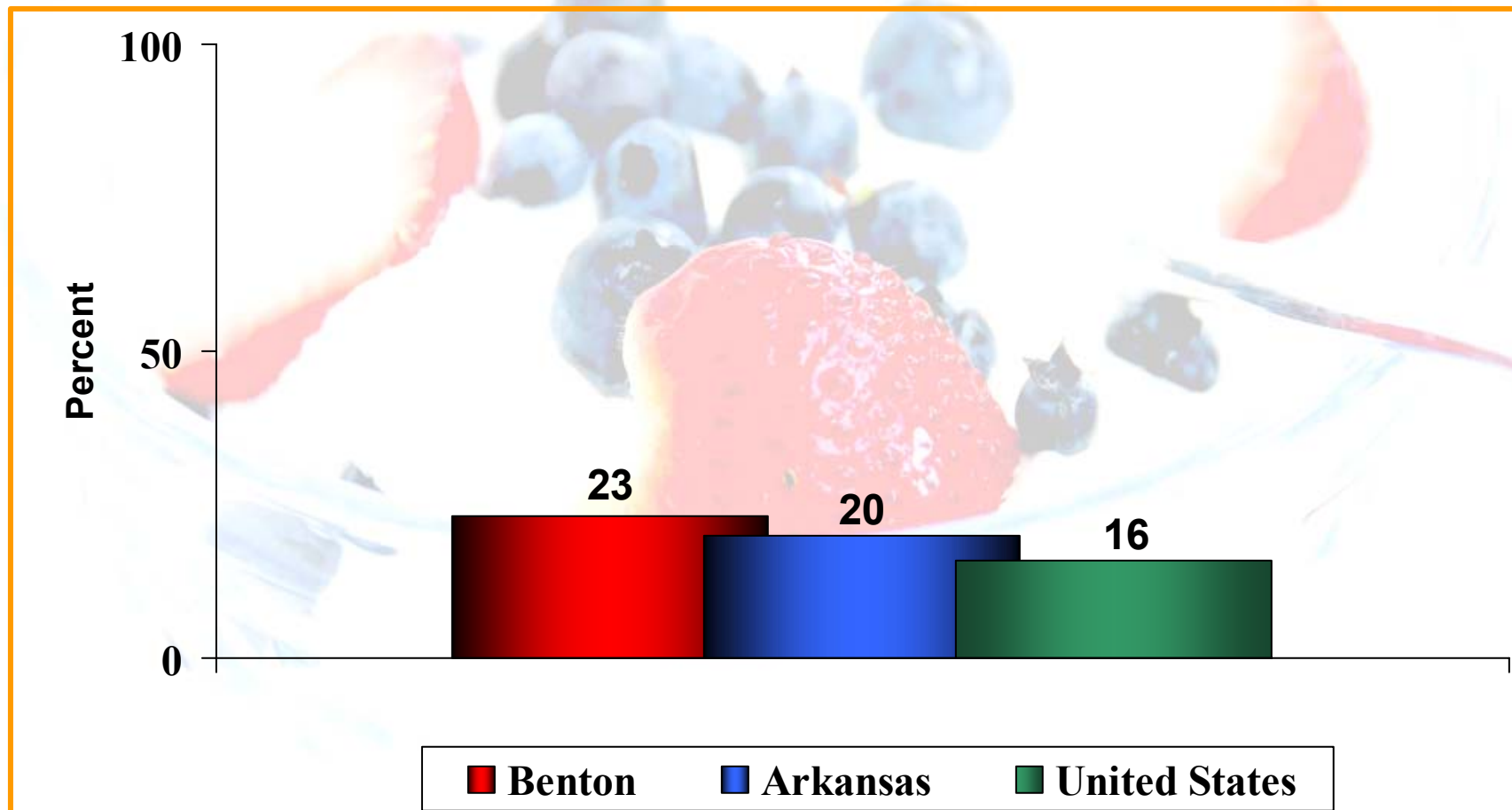
Mammogram

Women over 40 years who reported that they had not had a mammogram in the past two years: Benton County (2008), Arkansas (2006), and U.S. (2006) and comparison with two neighboring counties (2008).



Pap Smear

Women who reported that they had not had a pap smear in the past three years: Benton County (2008), Arkansas (2006), and U.S. (2006) and comparison with two neighboring counties (2008).



What Can Your Hometown Health Coalition Do to Make a Difference?

- **Assess**
- **Identify**
- **Develop**
- **Evaluate**

